



## **Cheddar Melt Burgers**

SERVES: 4

TEMPERATURE: 370° F

COOKING TIME: 16 to 20 minutes

### **Ingredients:**

1½ pounds lean ground beef

1 tablespoon Worcestershire sauce

1 tablespoon Montreal steak seasoning

½ cup store-bought or homemade cheese sauce

1 cup shredded Cheddar cheese

Onion hamburger rolls, toasted

### **Directions:**

1. Pre-heat the air fryer to 370° F.
2. Mix together the ground beef, Worcestershire sauce and Montreal steak seasoning. Divide the mixture into four equal portions and shape each portion into a burger, making an indentation in the center of each patty with your thumb. This will help the burger stay flatter when it is cooked.
3. Place the burgers into the air fryer basket. Air-fry for 16 to 20 minutes (depending on how well done you like your burgers), flipping the burgers over half way through the cooking time.
4. Mix the cheese sauce and Cheddar cheese together. (If your cheese sauce is very thick, you can melt it a little in the microwave for 30 seconds.) When there are 4 minutes are left on the timer, spoon ¼ of the cheese mixture on each burger and return the burgers to the air fryer.
5. Serve the burgers on toasted onion rolls.



## **Four Cheese Mac ‘n’ Cheese**

SERVES: 4 to 6

TEMPERATURE: 360° F

COOKING TIME: 25 minutes

### **Ingredients:**

12 ounces dried macaroni pasta  
2 tablespoons butter  
2 tablespoons all-purpose flour  
2½ cups half and half  
1 cup shredded Cheddar cheese  
1 cup shredded Fontina cheese  
½ cup shredded Gouda cheese (not smoked)  
1/3 cup blue cheese, crumbled  
Pinch of nutmeg  
Salt and pepper  
1 teaspoon butter, melted  
¼ cup panko breadcrumbs

### **Directions:**

1. Bring a large stockpot of salted water to a boil and cook the pasta until al dente – about 8 minutes. Drain and set aside.
2. Heat a medium to large saucepan over medium heat. Add and melt the butter. Add the flour and stir well to coat with butter, cooking for a minute or two. Whisk in the half and half and whisk until smooth. Bring the mixture to a boil and then lower the heat and simmer the sauce until it thickens – about 5 minutes. Remove the half and half mixture from the heat. Mix the Cheddar, Fontina and Gouda cheeses together and set ½ cup of the cheese mixture aside. Add the remaining cheese mixture to the sauce and stir until melted. Add the blue cheese and stir until smooth. Season with pinch of nutmeg, salt and pepper.
3. Add breadcrumbs and the melted butter to the reserved ½ cup cheese. Toss to combine.
4. Pre-heat the air fryer to 360° F.
5. Combine the drained hot pasta and cheese sauce and stir well. Transfer the mixture to a 1½-quart ceramic baking dish. Sprinkle the ½ cup of cheese and the breadcrumbs on top and cover with the aluminum foil.
6. Transfer the dish to the basket of the air fryer, lowering the dish into the basket using a sling made of aluminum foil (fold a piece of aluminum foil into a strip about 2-inches wide by 24-inches long). Fold the ends of the aluminum foil over the top of the dish before returning the basket to the air fryer. Air-fry for 25 minutes, removing the aluminum foil for the last 5 minutes of cooking.
7. Cover with aluminum foil and Air fry for 20 minutes. Remove the aluminum foil cover and air-fry for an additional 5 minutes to toast the breadcrumbs and cheese.



## **Meatball Grinders**

SERVES: 3

TEMPERATURE: 380° F

COOKING TIME: 10 minutes

### **Ingredients:**

1 pound ground beef

½ cup chopped onion

¾ cup panko breadcrumbs

¾ cup grated Parmesan cheese

1 egg

1 teaspoon Italian seasoning

½ teaspoon garlic powder

¼ cup fresh chopped parsley

3 long hoagie rolls

Marinara sauce

8 ounces sliced Provolone cheese

### **Directions:**

1. Pre-heat the air fryer to 380° F.
2. Combine the ground beef, onion, breadcrumbs, Parmesan cheese, egg, Italian seasoning, garlic powder and chopped parsley in a large bowl. Mix everything together with your hands until well combined.
3. Divide and shape the mixture into ten meatballs. Air-fry the meatballs for 10 minutes turning over half way through the cooking time.
4. Slice open the hoagie rolls and spread a little marinara sauce inside. Place two slices of the Provolone cheese over the sauce. Top the cheese with three meatballs per hoagie roll and a little additional sauce. Top with two more slices of Provolone cheese and return the sandwiches to the air fryer, one or two at a time, to melt the cheese and toast the bread.



## **Mixed Berry Turnovers with Sugar Glaze**

SERVES: 4

TEMPERATURE: 350° F

COOKING TIME: 14 minutes

### **Ingredients:**

1 sheet frozen puff pastry, thawed

½ cup blueberry pie filling

½ cup raspberries

½ cup blackberries

½ teaspoon cinnamon

1 egg, beaten

½ cup sliced almonds

½ cup powdered sugar

1 teaspoon milk, or a little more

### **Directions:**

1. Roll out a sheet of puff pastry to a square that is approximately 10-inches by 10-inches. Cut this large square into quarters.
2. Mix the blueberry pie filling, raspberries, blackberries and cinnamon together in a bowl. Spoon ¼ cup of the fruit filling into the center of each puff pastry square. Brush the edges of the pastry square with the egg wash. Fold one corner of the puff pastry over the fruit filling towards the opposite corner, forming a triangle. Seal the two edges of the pastry together with the tip of a fork, making a design with the tines. Brush the top of the turnovers with the egg wash and sprinkle sliced almonds over each one.
3. Pre-heat the air fryer to 350° F.
4. Air-fry two turnovers at a time for 14 minutes, carefully turning them over halfway through the cooking time.
5. While the turnovers are cooking, make the glaze by mixing the powdered sugar and milk together in a small bowl until smooth. Let the glaze sit for a minute so the sugar can absorb the milk. If the consistency is still too thick to drizzle, add a little more milk, a drop at a time, and stir until smooth.
6. Let the cooked turnovers sit for at least 10 minutes. Then drizzle the glaze over each turnover. Serve warm or at room temperature.



## **Shake and Bake Pork Chops**

SERVES: 4

TEMPERATURE: 400° F

COOKING TIME: 6 minutes

### **Ingredients:**

4 boneless, center cut pork chops (½-inch thick)

Salt and pepper

1 egg, beaten

1 cup seasoned coating mix for pork (extra crispy version is best)

Vegetable oil in a spray bottle, can or mister

### **Directions:**

1. Pre-heat the air fryer to 400° F.
2. Season pork chops with salt and pepper. Dip two of the pork chops in the beaten egg and then into the seasoned coating mix. Press the coating mix onto both sides of the pork chops. Spray one side of pork chop with the oil.
3. Spray or brush the inside of the air fryer basket with oil. Place the breaded pork chops into the air fryer basket and air-fry for 6 minutes, flipping the chops over halfway through cooking time. Remove the chops from the air-fryer and either tent them with foil or hold them in a 170° F oven to keep warm.
4. Repeat with the remaining two pork chops and serve.



## **Zucchini Fries with Roasted Garlic Aioli**

SERVES: 4

TEMPERATURE: 400° F

COOKING TIME: 12 minutes

### **Ingredients:**

1 head garlic

#### *Roasted Garlic Aioli:*

1 teaspoon roasted garlic

2 tablespoons olive oil

½ cup mayonnaise

Juice of ½ lemon

Salt and pepper

#### *For zucchini fries:*

½ cup flour

2 eggs, beaten

1 cup seasoned breadcrumbs

Salt and pepper

1 large zucchini, cut into ½-inch sticks

Olive oil in a spray bottle, can or mister

### **Directions:**

1. Pre-heat the air fryer to 380° F.
2. Slice off the top of the head of garlic to expose the tops of all the cloves, and drizzle olive oil on top. Place the head of garlic, cut side up, into the air fryer and air-fry the garlic for 15 minutes at 380° F. When finished, let the garlic cool a little. Squeeze the roasted garlic cloves out of the head and mash to form a paste. To make the aioli, place 1 teaspoon of the roasted garlic paste in a small bowl and reserve the rest for another use. Add the mayonnaise, olive oil and lemon juice and whisk to combine. Season the aioli with salt and pepper.
3. While the garlic is cooking, prepare the zucchini fries. Create a dredging station with three shallow dishes. Place the flour in the first shallow dish and season well with salt and freshly ground black pepper. Put the beaten eggs in the second shallow dish. In the third shallow dish, combine the breadcrumbs, salt and pepper. Dredge the zucchini sticks, coating with flour first, then dipping them into the egg to coat, and finally tossing in breadcrumbs. Shake the dish with the breadcrumbs and pat the crumbs onto the zucchini sticks with your hands so they stick evenly.
4. Place the zucchini fries on a flat surface and let them sit at least 10 minutes before frying to let them dry out a little. Pre-heat the air fryer to 400° F.
5. Spray one side of the zucchini sticks with olive oil, and place them into the air-fryer basket. You can air-fry the fries in two layers, placing the second layer in the opposite direction to the first. Air-fry for 12 minutes turning and rotating the



fries halfway through the cooking time. Spray with additional oil when you turn them over.

6. Serve Zucchini fries warm with roasted garlic aioli.