Air Fryer Tips & Tricks

Benefits

- Great alternative to frying foods in oil
- Circulates hot air to make food crispy without added fats and calories from frying oils
- Can be used to bake, roast, reheat, and "fry"

Fresh meats and tofu:
-chicken
-fish & shrimp
-hamburgers & meatballs

Vegetables:
-brussel sprouts
-sweet & white potatoes
-carrots
-broccoli

Frozen items:
-French fries
-chicken tenders
-cauliflower or broccoli tots
-sandwhich pockets

How do I make it?

1. Frozen or precooked meals: follow manufacturer's instructions (when available)
2. Raw meat or veggies: lightly spray or coat in oil or marinade prior to placing in the air fryer
3. Choose desired cooking setting: air fry, roast, broil, reheat
4. Select correct heating temperature and cook time

Avoid:

- Large portions of meat or bone in meats
- Items that will drip like battered meats
- Grains, rice, and greens
- Too much food at once

WELLNESS WACHers

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