

HANDOUT

Air Fryer Recipes

2025 Kansas FCE Education Program Year

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The recipes are from Mississippi State University. Others recipes are available online: <https://extension.msstate.edu/>

Lemon Pepper Chicken Wings

1 pound chicken wings	2 teaspoons garlic powder
1 tablespoon olive oil (or your preferred oil)	2 tablespoons lemon pepper
1 teaspoon salt	Dash of cayenne or smoked paprika

1. Wash your hands with soap and water after each time touching raw meat.
2. Do not rinse raw chicken. Split the chicken wings into flats and drumettes. Thoroughly pat dry the chicken wings with paper towels and place in a mixing bowl. Throw away the paper towels immediately after use.
3. Evenly coat the chicken with a tablespoon of oil, and then sprinkle with seasonings.
4. Preheat your air fryer if your instructions tell you to do so. The additional few minutes will allow the chicken to marinate in the seasoning.
5. Place the chicken in your air fryer basket, spacing evenly.
6. Air fry at 400° F for 8 minutes per side, or until chicken wings are crisp and golden brown with an internal temperature of 165° F. Measure the temperature with a food thermometer at the thickest part of the chicken, but not touching the bone.

Tips: Check the lemon pepper seasoning label to make sure it contains only lemon and pepper. Many lemon pepper seasonings have a lot of sodium. Add more flavor with more garlic powder, lemon pepper, cayenne, or smoked paprika. These seasonings do not contain sodium.

Sweet and Spicy Sweet Potato Fries

2 large sweet potatoes	1/2 teaspoon ground nutmeg
2 tablespoons olive oil	1/4 teaspoon cayenne pepper
1 teaspoon ground cinnamon	1/4 teaspoon salt

1. Wash your hands with soap and water.
2. Scrub the sweet potatoes with a clean vegetable brush under running water.
3. Cut each sweet potato in half lengthwise and again crosswise so you have four pieces. Slice each piece again, into two or three thick slices to make the potato more manageable to cut.
4. Cut each slice into fries. Try to keep all the fries the same size so they will cook evenly.
5. Preheat the air fryer to 350° F. While it is preheating, place the cut fries in a bowl and toss with olive oil. Sprinkle with the seasonings and toss to coat.
6. When the air fryer has preheated, add the fries to the basket and cook for 15 minutes.
7. Pull out the basket and use tongs to quickly rotate/turn the fries.
8. Continue cooking 10 to 12 more minutes or until the fries are thoroughly cooked and golden brown.

Tips: For savory sweet potato fries, use garlic powder, black pepper, and chili powder instead of nutmeg and cinnamon. By keeping the sweet potato skins on, you get more fiber!

Roasted Carrots

1 pound carrots
1 teaspoon oil

Salt and black pepper to taste

1. Peel the carrots and cut them into 2-inch pieces.
2. Preheat the air fryer to 360° F for 1 to 2 minutes.
3. Toss the carrots in about 1 teaspoon of oil, coating evenly.
4. Place the carrots in the fryer basket and cook for 15 to 18 minutes, mixing or shaking every few minutes.
5. Test the carrots with a fork for tenderness.
6. Add salt and pepper to taste and shake the basket to coat.
7. Serve warm.

(added option) Spiced Carrots

1/2 teaspoon ground cinnamon

1/2 to 1 1/2 teaspoons chili powder

1. After tossing in oil, add chili powder and cinnamon, and toss to coat.
2. Follow rest of directions.

(added option) Honey Butter Carrots

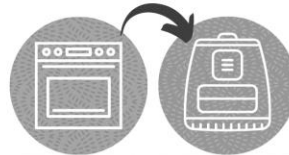
1 tablespoon unsalted butter

1 tablespoon honey

1. Brown the butter in a saucepan or the microwave (melt and cook until brown specks appear). Remove from heat and mix with honey.
2. Drizzle butter/honey mixture over the carrots. Serve warm.

Tip: Carrots are tasty and highly nutritious, the fiber in carrots can help lower your blood sugar and improve your gut health.

OVEN TO AIR FRYER



Conversion Chart	
OVEN TIME	AIR FRYER TIME
10 Minutes	8 Minutes
15 Minutes	12 Minutes
20 Minutes	16 Minutes
25 Minutes	20 Minutes
30 Minutes	24 Minutes
35 Minutes	28 Minutes
40 Minutes	32 Minutes
45 Minutes	36 Minutes
50 Minutes	40 Minutes
55 Minutes	44 Minutes
60 Minutes	48 Minutes
OVEN TEMP	AIR FRYER TEMP
325F/165C	300F/150C
350F/180C	325F/165C
375F/190C	350F/175C
400F/200C	375F/190C
425F/220C	400F/200C
450F/230C	425F/220C

Slimming
EATS

This sheet should be used as a guideline only.
Different brands of air fryer can vary.
It is recommend that you check your food at the half way mark
so that you can adjust temp if needed

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