

DIANE ROMANO

# GLUTEN FREE AIR FRYER COOKBOOK



**50+**  
**Delicious**  
**Gluten Free**  
**Recipes**



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# INTRODUCTION

I remember well when my husband gifted me an air fryer. I was skeptical at first; air fryers weren't as common then, and I couldn't understand how this new technology could benefit my kitchen. I already had a great traditional oven, and this seemed like another fleeting trend that would soon be forgotten, as so often happens with new gadgets.

However, everything changed when I started cooking gluten-free recipes for my daughter. I dedicated the air fryer solely to her meals to avoid any cross-contamination. It was then that a world of possibilities opened up. I realized the potential of this innovative appliance, capable of cooking in reduced times while delivering perfect crispness and golden textures.

When our entire family decided to adopt a gluten-free diet, I continued using the air fryer with great success, experimenting with new recipes. From snacks and desserts to sides and main courses, everything turned out exceptionally well.

Here, I have gathered some of my best gluten-free air fryer recipes, and I'm sure you'll enjoy them as much as we do.

## What is an Air Fryer?

An air fryer is a versatile kitchen appliance designed to fry food using hot air instead of large amounts of oil. At its core, an air fryer works by circulating hot air around the food at high speed, which creates a crispy layer similar to what you would achieve with traditional deep frying, but with significantly less oil.

The air fryer consists of a heating element and a powerful fan. When you turn on the air fryer, the heating element rapidly heats the air inside the cooking chamber. The fan then circulates this hot air around the food. This process ensures that the food cooks evenly on all sides, producing a deliciously crispy exterior and a tender interior. The result is a healthier version of your favorite fried foods, with all the texture and flavor you love.

Air fryers typically come with a basket or tray where the food is placed. This basket allows air to flow around the food, ensuring even cooking. Many models also include various settings and temperature controls, allowing you to customize the cooking process based on the specific food you are preparing. From chicken wings to vegetables and even baked goods, an air fryer can handle a wide variety of dishes with ease and efficiency.

## Advantages of an Air Fryer

I still remember the first time I experimented with my air fryer. It was a hectic weeknight, and I was rushing to get dinner on the table. Normally, I would have reached for a skillet or the oven, but this time, I decided to try the air fryer. With just a light spray of oil and a few minutes of prep, I tossed in some chicken wings and

waited, unsure of what to expect. To my surprise, they came out perfectly crispy and delicious, with far less oil than I usually used. This experience opened my eyes to the incredible benefits of air frying.

### **Reduction in Fats:**

One of the primary benefits of using an air fryer is its ability to significantly reduce the amount of oil needed for cooking. Traditional frying methods often require submerging food in large quantities of oil, which adds unnecessary fat and calories to your meals. In contrast, an air fryer uses only a small amount of oil—sometimes just a tablespoon or even a light spray—to achieve a similar crispy texture. This means you can enjoy your favorite fried foods, such as French fries, chicken wings, and onion rings, with a fraction of the fat and calories. This reduction in fats makes your dishes lighter, healthier, and more heart-friendly without compromising on taste or texture.

### **Cooking Speed:**

Another significant advantage of an air fryer is its ability to cook food quickly. The rapid circulation of hot air around the food ensures even cooking and eliminates the need for lengthy preheating times associated with conventional ovens. This can cut your cooking time by up to 20-30% compared to traditional methods. Whether you're preparing a quick weeknight dinner or entertaining guests, an air fryer can help you get food on the table faster. Its efficiency is particularly beneficial for busy families or anyone looking to streamline their cooking process without sacrificing quality.

### **Versatility:**

Air fryers are incredibly versatile appliances that can handle a wide range of cooking tasks. They are not limited to just frying; you can also bake, roast, grill, and even reheat food in an air fryer. This versatility allows you to prepare a variety of dishes, from appetizers and snacks to main courses and desserts. For example, you can make crispy vegetable chips, succulent roasted meats, fluffy baked goods, and even delicate desserts like donuts or muffins. The ability to perform multiple cooking functions in one appliance saves you time, space, and effort in the kitchen, making the air fryer a valuable tool for any home cook.

# BASIC SETTINGS, CLEANING, AND CROSS-CONTAMINATION

When I first received my air fryer, I was skeptical. It seemed like just another kitchen gadget that would end up gathering dust. I didn't see how it could fit into my well-established cooking routine, especially with my trusty traditional oven always at the ready.

However, as I started using the air fryer more frequently, particularly for preparing gluten-free meals for my daughter, I began to appreciate its potential. It wasn't just about the convenience; it was about mastering a new way of cooking that could make our gluten-free lifestyle easier and more enjoyable.

I remember one weekend when I decided to make a batch of gluten-free snacks for a family gathering. As I experimented with different settings and recipes, I learned that getting the best results depended on understanding the basics of the appliance. This journey of trial and error taught me valuable lessons about the importance of correct temperature settings, the need for regular cleaning, and the critical practice of avoiding cross-contamination in a gluten-free kitchen.

In this chapter, I'll share the foundational knowledge I've gained about using an air fryer effectively. These insights will help you avoid the mistakes I made and set you up for success from the start.

## Basic Settings

Unlike a traditional oven, which I had years of experience with, the air fryer presented a new set of parameters to master. Each type of food seemed to have its own unique requirements, and getting it right was crucial to achieving that perfect texture and flavor. After a few experiments and increasing my experience, I realized that I could use some starting settings that always ensured a good result. Then, based on the final outcome, I would adjust the times and temperatures to turn a good result into a great one.

## Temperature and Cooking Time

Getting the temperature and cooking time right is essential to mastering the air fryer and achieving delicious results. Different foods have unique requirements, and understanding these can help you make the most out of your air fryer. Here's a more detailed look at how to set the temperature and time for various types of foods.

### CHICKEN:

Chicken, whether it's wings, breasts, or thighs, typically requires a slightly longer cooking time to ensure it's fully cooked and safe to eat.

- **Chicken Wings:** 350°F (180°C) for 20-25 minutes. Flip halfway through to ensure even crisping.
- **Chicken Breasts:** 350°F (180°C) for 25 minutes. Ensure they reach an internal temperature of 165°F (75°C).
- **Chicken Thighs:** 350°F (180°C) for 25-30 minutes. Thighs are thicker and may need a bit more time.

## FISH:

Fish cooks quickly and can become dry if overcooked, so it's important to keep a close eye on it.

- **Salmon Fillets:** 350°F (180°C) for 10-12 minutes. The fish should flake easily with a fork when done.
- **White Fish** (like Cod): 350°F (180°C) for 10-15 minutes, depending on thickness.

## VEGETABLES:

Vegetables vary widely in their cooking times based on their density and water content.

- **Root Vegetables** (like Potatoes, Carrots): 350°F (180°C) for 20-25 minutes. Cut them into even pieces for consistent cooking.
- **Green Vegetables** (like Broccoli, Brussels Sprouts): 350°F (180°C) for 10-15 minutes. These should be tender yet crispy.
- **Zucchini or Bell Peppers:** 350°F (180°C) for 10 minutes. They cook quickly and can become mushy if overcooked.

## FROZEN FOODS:

Frozen foods are convenient and can be cooked directly in the air fryer without thawing.

- **Frozen French Fries:** 390°F (200°C) for 15-20 minutes. Shake the basket halfway through cooking.
- **Frozen Chicken Nuggets:** 390°F (200°C) for 10-12 minutes. Ensure they are crispy and heated through.

## BAKED GOODS:

Yes, you can bake in your air fryer! Cakes, muffins, and cookies can turn out beautifully.

- **Muffins:** 320°F (160°C) for 12-15 minutes. Use silicone molds or liners.
- **Cookies:** 320°F (160°C) for 8-10 minutes. They spread less than in a traditional oven, so space them accordingly.

## GENERAL TIPS:

1. **Check and Adjust:** Always check your food halfway through the cooking time. This allows you to shake the basket or flip the food for even cooking and to adjust the time or temperature if needed.
2. **Use a Meat Thermometer:** For meats, use a meat thermometer to check internal temperatures to ensure safety and doneness. Chicken should reach 165°F (75°C), and fish should reach 145°F (63°C).
3. **Uniform Sizing:** Cut your ingredients into uniform sizes to ensure they cook evenly. This is particularly important for vegetables and meat pieces.

By understanding and adjusting these basic settings, you can ensure your dishes turn out perfectly every time. Remember, the air fryer is a versatile tool, and with a little practice, you'll find the ideal settings for your favorite recipes.

## Preheating

Preheating your air fryer is a simple but crucial step to ensure your food cooks evenly and achieves the desired texture. While not all air fryers require preheating, many do, and it can greatly enhance the cooking process for certain dishes.

### 1. WHY PREHEAT?

- **Consistent Cooking:** Preheating ensures that the air fryer reaches the correct temperature before you add your food, resulting in more consistent cooking.
- **Better Texture:** Foods that are cooked in a preheated air fryer often have a better texture, particularly those that need to be crispy on the outside, like French fries or chicken wings.
- **Shorter Cooking Time:** Preheating can reduce the overall cooking time because the food starts cooking immediately at the right temperature.

### 2. HOW TO PREHEAT:

- **Check the Manual:** Always start by consulting your air fryer's user manual. Some models have specific instructions or built-in preheat settings.
- **General Guideline:** If your air fryer does not have a preheat setting, you can typically preheat it by setting the temperature to the desired cooking level and running it empty for 3-5 minutes. For example, if your recipe calls for cooking at 350°F (180°C), set the air fryer to 350°F (180°C) and let it run for 3-5 minutes before adding your food.

### 3. WHEN TO PREHEAT:

- **Crispy Foods:** Preheating is especially beneficial for foods that need to be crispy, such as fries, nuggets, or vegetables.
- **Baked Goods:** For baking items like muffins or cookies, preheating ensures that the food starts cooking at the right temperature immediately, helping to achieve a better rise and texture.
- **Thicker Cuts of Meat:** Preheating can help thicker cuts of meat cook more evenly, ensuring the interior is done without overcooking the exterior.

### 4. EXCEPTIONS:

- **Frozen Foods:** Some frozen foods do not require preheating and may cook better when starting in a cold air fryer. Always refer to the package instructions or your recipe.

By incorporating preheating into your air frying routine, you can improve the quality and consistency of your dishes. While it might seem like an extra step, it often makes a noticeable difference in the final result, making it well worth the effort.

# Cleaning

Maintaining cleanliness in your air fryer is essential for ensuring optimal performance and extending the life of your appliance. Regular cleaning not only prevents the buildup of food residues and grease but also helps in avoiding any cross-contamination, especially crucial in a gluten-free kitchen.

## **Why Regular Cleaning Is Important:**

Regular cleaning of your air fryer is essential for several reasons. Firstly, it prevents the accumulation of food particles and grease, which can negatively impact the taste of your dishes and reduce the efficiency of the air fryer. Ensuring that your air fryer is free from residues will keep your meals tasting fresh and prevent unwanted flavors from mixing.

For those adhering to a gluten-free diet, thorough cleaning is particularly important to avoid cross-contamination. Any leftover residue in the air fryer can potentially contaminate gluten-free foods, posing a risk for those with gluten sensitivities or celiac disease. By maintaining a strict cleaning regimen, you can safeguard against these risks and ensure that your meals remain safe and healthy.

Moreover, regular maintenance helps extend the lifespan of your air fryer. Consistently cleaning your appliance ensures that it operates efficiently and reliably for years to come. This not only saves you money in the long run but also means that you can continue to enjoy delicious, perfectly cooked meals without the hassle of dealing with a malfunctioning or dirty appliance. Regular cleaning is, therefore, a crucial practice for anyone looking to get the most out of their air fryer.

## **Steps For Cleaning:**

1. **Unplug and Cool Down:** Always unplug your air fryer and allow it to cool down completely before starting the cleaning process to avoid any risk of burns or electrical shock.
2. **Remove and Clean the Basket and Pan:** Take out the basket and pan, which are usually dishwasher-safe. If you prefer hand washing, use warm water and a mild dish soap. Avoid abrasive sponges or brushes that could damage the non-stick coating.
3. **Soak for Stubborn Residue:** If there are stubborn food particles stuck to the basket or pan, let them soak in warm, soapy water for 10-15 minutes. This will loosen the residue and make it easier to clean.
4. **Clean the Interior:** Wipe the interior of the air fryer with a damp cloth or sponge. Be careful not to get any water into the heating element. For hard-to-reach areas, a soft-bristled brush can be useful.
5. **Clean the Exterior:** Wipe down the exterior of the air fryer with a damp cloth. This helps remove any grease or fingerprints and keeps your appliance looking new.

## **Tips For Effective Cleaning:**

- **Use Non-Abrasive Cleaners:** Always use non-abrasive cleaners and sponges to avoid scratching the non-stick surfaces.

- **Dry Thoroughly:** Ensure all components are thoroughly dry before reassembling the air fryer. Moisture left in the appliance can lead to rust or electrical issues.
- **Regular Deep Cleaning:** In addition to daily cleaning, perform a deep clean periodically. This involves removing any detachable parts and cleaning the heating element (if accessible) and other internal components. Refer to the user manual for specific instructions.

## **Maintaining The Non-Stick Coating:**

Maintaining the non-stick coating of your air fryer is crucial for its longevity and performance. To preserve this delicate surface, it is essential to use the right utensils during cooking. Silicone or wooden utensils are ideal choices as they are gentle on the non-stick coating and prevent any scratching that metal utensils might cause. This small adjustment in your kitchen habits can significantly extend the life of your air fryer's basket.

When it comes to cleaning, handling the non-stick parts with care is equally important. Be gentle when washing these components to avoid chipping or damaging the coating. Use a soft sponge or cloth along with mild dish soap, and avoid abrasive scrubbers that could wear away the non-stick surface. Ensuring thorough but careful cleaning will maintain the integrity of the coating, ensuring that your food continues to cook evenly and releases easily.

By taking these precautions, you not only keep your air fryer in top condition but also enhance its cooking performance. A well-maintained non-stick surface ensures that your meals come out perfectly cooked every time, without sticking or tearing. This attention to detail in the care of your air fryer will pay off with consistently excellent cooking results and a longer-lasting appliance.

Regular cleaning not only keeps your appliance in excellent condition but also guarantees that every meal you prepare is safe and delicious.

## **Cross-Contamination**

Avoiding cross-contamination is paramount in a gluten-free kitchen, especially when using an air fryer. Cross-contamination occurs when gluten-free foods come into contact with gluten-containing ingredients, utensils, or surfaces, potentially causing health issues for those with gluten sensitivities or celiac disease. Ensuring that your cooking environment is safe requires diligence and attention to detail.

Firstly, it is essential to maintain a strict separation between gluten-free and gluten-containing foods. This starts with the ingredients themselves. Store gluten-free ingredients in dedicated, clearly labeled containers, and keep them separate from gluten-containing products. This helps prevent any accidental mix-ups that could lead to contamination.

When preparing meals, use separate utensils, cutting boards, and mixing bowls for gluten-free foods. If you must share utensils or equipment, ensure they are thoroughly cleaned and sanitized between uses. Even trace amounts of gluten can cause a reaction in sensitive individuals, so this step is critical. For instance, if you use a knife to spread butter on regular bread, do not use the same knife for gluten-free bread without cleaning it first.

Designate specific areas of your kitchen for gluten-free food preparation. This can be as simple as a section of the counter that is used only for gluten-free cooking or as extensive as having separate sets of pots, pans, and utensils. This designated area should be thoroughly cleaned and free from any gluten residues. Wipe down surfaces with a clean cloth and a safe cleaning solution before starting any gluten-free cooking.

The air fryer itself must be handled with care to avoid cross-contamination. If possible, dedicate an air fryer exclusively for gluten-free cooking. If this is not feasible, ensure that the air fryer is meticulously cleaned between uses. This includes washing the basket, tray, and any other removable parts with warm, soapy water, and ensuring all surfaces are free from gluten residues. Pay special attention to corners and crevices where crumbs might accumulate.

When it comes to shared appliances like toasters or mixers, avoid using them for both gluten-containing and gluten-free foods. Crumbs and residues can easily transfer and contaminate gluten-free items. Instead, consider using separate appliances or thoroughly cleaning shared appliances before using them for gluten-free food.

Furthermore, be mindful of airborne flour when baking with gluten-containing products. Flour can remain suspended in the air for several hours and settle on surfaces, leading to contamination. When baking, try to confine gluten-containing activities to specific times and thoroughly clean the area afterward.

Educating family members or anyone who shares the kitchen is also crucial. Everyone should understand the importance of preventing cross-contamination and the specific steps required to maintain a safe cooking environment. Clear communication and established routines can significantly reduce the risk of accidental contamination.

In summary, preventing cross-contamination in a gluten-free kitchen involves maintaining strict separation of ingredients, using dedicated utensils and equipment, and ensuring thorough cleaning of all surfaces and appliances. By adopting these practices, you can create a safe and enjoyable cooking environment for everyone, ensuring that your gluten-free meals remain truly gluten-free.

# APPETIZERS AND SNACKS

## Buffalo Chicken Wings

**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

### INGREDIENTS

- 2 pounds chicken wings (900 g)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Olive oil spray
- 1/2 cup gluten-free buffalo sauce (120 ml)
- 2 tablespoons unsalted butter, melted

### INSTRUCTIONS

1. Pat the chicken wings dry with paper towels and place them in a large bowl.
2. Season the wings with salt, black pepper, garlic powder, and onion powder. Toss to coat evenly.
3. Preheat the air fryer to 400°F (200°C).
4. Arrange the wings in a single layer in the air fryer basket, ensuring they do not touch.
5. Lightly spray the wings with olive oil.
6. Cook the wings for 20-25 minutes, shaking the basket halfway through, until the wings are crispy and cooked through.
7. While the wings are cooking, combine the buffalo sauce and melted butter in a small bowl.
8. Once the wings are cooked, transfer them to a large bowl. Pour the buffalo sauce mixture over the wings and toss to coat evenly.
9. Serve hot with celery sticks and blue cheese dressing, if desired.

### NUTRITIONAL INFORMATION (PER SERVING, ABOUT 4-5 WINGS):

- Calories: 350
- Protein: 25g
- Carbohydrates: 1g
- Fat: 26g
- Fiber: 0g
- Sugar: 0g

### **CHEF'S TIPS:**

For extra crispy wings, pat them dry thoroughly before seasoning. You can also add a teaspoon of baking powder to the seasoning mix to help the wings crisp up.

## **Mozzarella Sticks**

**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

### **INGREDIENTS**

- 12 sticks of mozzarella cheese
- 1 cup gluten-free breadcrumbs (120 g)
- 1/2 cup grated Parmesan cheese (50 g)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 large eggs, beaten
- 1/2 cup gluten-free flour (60 g)
- Olive oil spray
- Gluten-free Marinara sauce for dipping

### **INSTRUCTIONS**

1. Place the mozzarella sticks in the freezer for at least 1 hour until they are firm.
2. In a shallow dish, combine the gluten-free breadcrumbs, grated Parmesan cheese, Italian seasoning, garlic powder, and onion powder.
3. In another shallow dish, place the gluten-free flour.
4. In a third shallow dish, place the beaten eggs.
5. Dip each frozen mozzarella stick into the flour, then the beaten eggs, and finally coat with the breadcrumb mixture. For a thicker coating, repeat the egg and breadcrumb steps.
6. Preheat the air fryer to 400°F (200°C).
7. Arrange the mozzarella sticks in a single layer in the air fryer basket, ensuring they do not touch.
8. Lightly spray the mozzarella sticks with olive oil.
9. Cook for 6-8 minutes or until the coating is golden and crispy, and the cheese is melted.
10. Serve immediately with warm marinara sauce for dipping.

### **NUTRITIONAL INFORMATION (PER SERVING, ABOUT 3 STICKS):**

- Calories: 320
- Protein: 15g
- Carbohydrates: 25g
- Fat: 18g

- Fiber: 2g
- Sugar: 1g

**CHEF'S TIPS:**

To prevent the cheese from oozing out during cooking, make sure the mozzarella sticks are completely coated and well-frozen before air frying. You can also freeze the coated sticks for an additional 30 minutes before cooking for extra insurance.

# Potato Skins

**Preparation Time:** 15 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

## **INGREDIENTS**

- 4 large russet potatoes
- 2 tablespoons olive oil
- 1 cup shredded cheddar cheese (100 g)
- 1/2 cup cooked and crumbled bacon (60 g)
- 1/2 cup gluten-free sour cream (120 ml)
- 2 green onions, thinly sliced
- Salt and pepper, to taste

## **INSTRUCTIONS**

1. Preheat the air fryer to 400°F (200°C).
2. Scrub the potatoes clean and pat them dry. Pierce each potato several times with a fork.
3. Rub the potatoes with olive oil and season with salt.
4. Place the potatoes in the air fryer basket and cook for 20-25 minutes, or until they are tender and a fork can easily pierce through them. Let the potatoes cool slightly.
5. Once cooled, slice the potatoes in half lengthwise and scoop out the flesh, leaving about 1/4 inch (0.6 cm) of potato on the skin.
6. Brush the insides of the potato skins with olive oil and season with salt and pepper.
7. Place the potato skins back in the air fryer basket, cut side up, and cook for an additional 5-7 minutes, until the skins are crispy.
8. Remove the skins from the air fryer and sprinkle the insides with shredded cheddar cheese and crumbled bacon.
9. Return the potato skins to the air fryer and cook for another 2-3 minutes, or until the cheese is melted and bubbly.
10. Serve the potato skins hot, topped with sour cream and sliced green onions.

## **NUTRITIONAL INFORMATION (PER SERVING, ABOUT 2 HALVES):**

- Calories: 400
- Protein: 12g
- Carbohydrates: 35g
- Fat: 24g
- Fiber: 4g
- Sugar: 2g

## **CHEF'S TIPS:**

For a healthier option, use turkey bacon instead of regular bacon. You can also add some diced tomatoes or jalapeños for an extra kick.

# Onion Rings

**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

## INGREDIENTS

- 2 large onions, cut into 1/4-inch (0.6 cm) thick rings
- 1 cup gluten-free flour (120 g)
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup buttermilk (240 ml)
- 1 large egg
- 2 cups gluten-free breadcrumbs (240 g)
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Olive oil spray

## INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. Separate the onion slices into individual rings.
3. In a shallow dish, combine the gluten-free flour, baking powder, and salt.
4. In another shallow dish, whisk together the buttermilk and egg.
5. In a third shallow dish, mix the gluten-free breadcrumbs, paprika, garlic powder, and onion powder.
6. Dip each onion ring into the flour mixture, shaking off any excess. Then, dip into the buttermilk mixture, allowing any excess to drip off, and finally, coat with the breadcrumb mixture, pressing gently to adhere.
7. Arrange the coated onion rings in a single layer in the air fryer basket, ensuring they do not touch. Lightly spray with olive oil.
8. Cook for 8-10 minutes, flipping halfway through, until the onion rings are golden brown and crispy.
9. Serve hot with your favorite dipping sauce.

## NUTRITIONAL INFORMATION (PER SERVING, ABOUT 6-8 RINGS):

- Calories: 250
- Protein: 5g
- Carbohydrates: 45g
- Fat: 5g
- Fiber: 3g
- Sugar: 6g

**CHEF'S TIPS:**

For a spicier version, add a pinch of cayenne pepper to the breadcrumb mixture. You can also use panko breadcrumbs for extra crunch.

# Jalapeño Poppers

**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

## **INGREDIENTS**

- 12 large jalapeño peppers
- 8 ounces cream cheese, softened (225 g)
- 1 cup shredded cheddar cheese (100 g)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- Salt and pepper, to taste
- 1 cup gluten-free breadcrumbs (120 g)
- 2 large eggs, beaten
- Olive oil spray

## **INSTRUCTIONS**

1. Preheat the air fryer to 375°F (190°C).
2. Slice the jalapeños in half lengthwise and remove the seeds and membranes.
3. In a medium bowl, combine the softened cream cheese, shredded cheddar cheese, garlic powder, onion powder, smoked paprika, salt, and pepper. Mix until well combined.
4. Stuff each jalapeño half with the cream cheese mixture.
5. Place the gluten-free breadcrumbs in a shallow dish. In another shallow dish, place the beaten eggs.
6. Dip each stuffed jalapeño half into the beaten eggs, then coat with the breadcrumbs, pressing gently to adhere.
7. Arrange the coated jalapeño poppers in a single layer in the air fryer basket, ensuring they do not touch. Lightly spray with olive oil.
8. Cook for 8-10 minutes, or until the poppers are golden brown and crispy.
9. Serve hot with your favorite dipping sauce.

## **NUTRITIONAL INFORMATION (PER SERVING, ABOUT 3 POPPERS):**

- Calories: 250
- Protein: 6g
- Carbohydrates: 15g
- Fat: 18g
- Fiber: 2g
- Sugar: 3g

**CHEF'S TIPS:**

For an extra kick, mix some finely chopped cooked bacon into the cream cheese mixture. You can also use different cheeses like Monterey Jack or mozzarella for variety.

# Garlic Parmesan Fries

**Preparation Time: 10 minutes**

**Cooking Time: 20 minutes**

**Servings: 4**

## **INGREDIENTS**

- 4 large russet potatoes, cut into fries
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup grated Parmesan cheese (50 g)
- 2 tablespoons fresh parsley, chopped

## **INSTRUCTIONS**

1. Preheat the air fryer to 400°F (200°C).
2. In a large bowl, toss the potato fries with olive oil, garlic powder, salt, and black pepper until evenly coated.
3. Arrange the fries in a single layer in the air fryer basket. Cook in batches if necessary to avoid overcrowding.
4. Cook for 15-20 minutes, shaking the basket halfway through, until the fries are golden brown and crispy.
5. Transfer the cooked fries to a large bowl and toss with grated Parmesan cheese and chopped parsley.
6. Serve hot with your favorite dipping sauce.

## **NUTRITIONAL INFORMATION (PER SERVING, ABOUT 1 CUP):**

- Calories: 280
- Protein: 5g
- Carbohydrates: 45g
- Fat: 10g
- Fiber: 5g
- Sugar: 1g

## **CHEF'S TIPS:**

For even crispier fries, soak the cut potatoes in cold water for at least 30 minutes before cooking, then pat them dry thoroughly. You can also experiment with different seasonings like paprika or cayenne pepper for added flavor.

# Stuffed Mushrooms

- Preparation Time: 15 minutes
- Cooking Time: 12 minutes
- Servings: 4

## INGREDIENTS

- 16 large cremini or white mushrooms
- 8 ounces cream cheese, softened (225 g)
- 1/2 cup grated Parmesan cheese (50 g)
- 1/2 cup gluten-free breadcrumbs (60 g)
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

## INSTRUCTIONS

1. Preheat the air fryer to 375°F (190°C).
2. Clean the mushrooms and remove the stems. Finely chop the stems and set them aside.
3. In a medium bowl, combine the softened cream cheese, grated Parmesan cheese, gluten-free breadcrumbs, minced garlic, chopped parsley, olive oil, salt, and black pepper. Mix until well combined.
4. Spoon the cream cheese mixture into each mushroom cap, pressing gently to fill.
5. Arrange the stuffed mushrooms in a single layer in the air fryer basket.
6. Cook for 10-12 minutes, or until the mushrooms are tender and the filling is golden brown.
7. Serve hot, garnished with additional chopped parsley if desired.

## NUTRITIONAL INFORMATION (PER SERVING, ABOUT 4 MUSHROOMS):

- Calories: 220
- Protein: 8g
- Carbohydrates: 12g
- Fat: 17g
- Fiber: 2g
- Sugar: 3g

## CHEF'S TIPS:

For an extra burst of flavor, add a tablespoon of finely chopped sun-dried tomatoes or cooked bacon bits to the filling mixture. You can also sprinkle a little extra Parmesan on top before air frying for a cheesy crust.

# Spinach and Artichoke Dip

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

## INGREDIENTS

- 8 ounces cream cheese, softened (225 g)
- 1 cup grated Parmesan cheese (100 g)
- 1 cup shredded mozzarella cheese (100 g)
- 1/2 cup gluten-free sour cream (120 ml)
- 1/2 cup gluten-free mayonnaise (120 ml)
- 1 can (14 ounces) artichoke hearts, drained and chopped (400 g)
- 1 cup frozen spinach, thawed and drained (150 g)
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

## INSTRUCTIONS

1. Preheat the air fryer to 350°F (175°C).
2. In a large bowl, combine the softened cream cheese, grated Parmesan cheese, shredded mozzarella cheese, sour cream, and mayonnaise. Mix until smooth.
3. Stir in the chopped artichoke hearts, thawed and drained spinach, minced garlic, salt, and black pepper until well combined.
4. Transfer the mixture to an oven-safe dish that fits into your air fryer basket.
5. Cook in the air fryer for 12-15 minutes, or until the dip is hot and bubbly and the top is golden brown.
6. Serve hot with gluten-free crackers, tortilla chips, or vegetable sticks.

## NUTRITIONAL INFORMATION (PER SERVING, ABOUT 1/2 CUP):

- Calories: 350
- Protein: 10g
- Carbohydrates: 8g
- Fat: 30g
- Fiber: 2g
- Sugar: 2g

## CHEF'S TIPS:

For a spicier version, add a pinch of red pepper flakes to the mixture. You can also use fresh spinach instead of frozen; just sauté it briefly to wilt before mixing with the other ingredients.

# Chicken Tenders

**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

## INGREDIENTS

- 1 pound chicken tenders (450 g)
- 1 cup gluten-free breadcrumbs (120 g)
- 1/2 cup grated Parmesan cheese (50 g)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- Salt and pepper, to taste
- 2 large eggs, beaten
- Olive oil spray

## INSTRUCTIONS

1. In a shallow dish, combine the gluten-free breadcrumbs, grated Parmesan cheese, garlic powder, onion powder, smoked paprika, salt, and pepper.
2. Dip each chicken tender into the beaten eggs, then dredge in the breadcrumb mixture, pressing lightly to adhere.
3. Preheat the air fryer to 400°F (200°C).
4. Arrange the chicken tenders in a single layer in the air fryer basket, ensuring they do not touch.
5. Lightly spray the chicken tenders with olive oil.
6. Cook for 10 minutes, flip the tenders, and cook for an additional 10 minutes or until the chicken is golden and cooked through.
7. Serve hot with your favorite dipping sauce.

## NUTRITIONAL INFORMATION (PER SERVING, ABOUT 2-3 TENDERS):

- Calories: 300
- Protein: 28g
- Carbohydrates: 20g
- Fat: 12g
- Fiber: 2g
- Sugar: 1g

## CHEF'S TIPS:

For extra crispy tenders, you can double dip: after the first coating of breadcrumbs, dip in the egg again and coat with breadcrumbs a second time. You can also experiment with different seasonings like cayenne pepper for added spice.

# Mini Quesadillas

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

## INGREDIENTS

- 8 small gluten-free tortillas
- 1 1/2 cups shredded cheddar cheese (150 g)
- 1 cup cooked chicken, shredded (150 g)
- 1/2 cup black beans, drained and rinsed (85 g)
- 1/4 cup chopped green onions
- 1/4 cup chopped fresh cilantro
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- Olive oil spray
- Salsa, sour cream, and guacamole for serving (ensure gluten-free)

## INSTRUCTIONS

1. In a medium bowl, combine the shredded cheddar cheese, cooked chicken, black beans, chopped green onions, chopped cilantro, ground cumin, and garlic powder. Mix until well combined.
2. Lay out the gluten-free tortillas on a flat surface. Divide the cheese and chicken mixture evenly among the tortillas, spreading it over one half of each tortilla.
3. Fold the tortillas in half over the filling to create half-moon shapes.
4. Preheat the air fryer to 375°F (190°C).
5. Lightly spray the air fryer basket with olive oil. Place the quesadillas in the basket in a single layer, cooking in batches if necessary to avoid overcrowding.
6. Lightly spray the tops of the quesadillas with olive oil.
7. Cook for 5 minutes, flip the quesadillas, and cook for an additional 5 minutes or until the tortillas are golden and crispy, and the cheese is melted.
8. Remove the quesadillas from the air fryer and cut them into smaller wedges, if desired.
9. Serve hot with salsa, sour cream, and guacamole.

## NUTRITIONAL INFORMATION (PER SERVING, ABOUT 2 MINI QUESADILLAS):

- Calories: 350
- Protein: 20g
- Carbohydrates: 30g
- Fat: 16g
- Fiber: 4g
- Sugar: 2g

**CHEF'S TIPS:**

For a spicier version, add some chopped jalapeños or a sprinkle of cayenne pepper to the filling mixture. You can also experiment with different cheeses like Monterey Jack or pepper jack for added flavor.

# SIDE DISHES

## Sweet Potato Fries

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

### INGREDIENTS

- 2 large sweet potatoes, peeled and cut into fries
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground cinnamon (optional)

### INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. In a large bowl, toss the sweet potato fries with olive oil, paprika, garlic powder, salt, black pepper, and ground cinnamon (if using) until evenly coated.
3. Arrange the sweet potato fries in a single layer in the air fryer basket. Cook in batches if necessary to avoid overcrowding.
4. Cook for 15-20 minutes, shaking the basket halfway through, until the fries are golden brown and crispy.
5. Serve hot with your favorite dipping sauce.

### NUTRITIONAL INFORMATION (PER SERVING, ABOUT 1 CUP):

- Calories: 200
- Protein: 2g
- Carbohydrates: 32g
- Fat: 8g
- Fiber: 5g
- Sugar: 7g

### CHEF'S TIPS:

For even crispier fries, soak the cut sweet potatoes in cold water for at least 30 minutes before cooking, then pat them dry thoroughly. You can also experiment with different seasonings like chili powder or rosemary for added flavor.

# Green Bean Fries

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

## INGREDIENTS

- 1 pound fresh green beans, trimmed (450 g)
- 1/2 cup gluten-free breadcrumbs (60 g)
- 1/4 cup grated Parmesan cheese (25 g)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 large eggs, beaten
- Olive oil spray

## INSTRUCTIONS

1. Preheat the air fryer to 375°F (190°C).
2. In a shallow dish, combine the gluten-free breadcrumbs, grated Parmesan cheese, garlic powder, onion powder, salt, and black pepper.
3. Dip each green bean into the beaten eggs, then dredge in the breadcrumb mixture, pressing lightly to adhere.
4. Arrange the coated green beans in a single layer in the air fryer basket, ensuring they do not touch. Lightly spray with olive oil.
5. Cook for 8-10 minutes, shaking the basket halfway through, until the green beans are golden brown and crispy.
6. Serve hot with your favorite dipping sauce.

## NUTRITIONAL INFORMATION (PER SERVING, ABOUT 1 CUP):

- Calories: 150
- Protein: 6g
- Carbohydrates: 18g
- Fat: 6g
- Fiber: 4g
- Sugar: 4g

## CHEF'S TIPS:

For an extra kick, add a pinch of cayenne pepper to the breadcrumb mixture. You can also use panko breadcrumbs for an even crunchier texture.

# Cornbread Muffins

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 12 muffins

## INGREDIENTS

- 1 cup gluten-free cornmeal (120 g)
- 1 cup gluten-free all-purpose flour (120 g)
- 1/4 cup granulated sugar (50 g)
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup milk (240 ml)
- 1/4 cup unsalted butter, melted (60 ml)
- 2 large eggs, beaten
- 1/2 cup canned corn, drained (85 g) (optional)
- 1/4 cup shredded cheddar cheese (25 g) (optional)
- Olive oil spray

## INSTRUCTIONS

1. Preheat the air fryer to 350°F (180°C). Lightly spray a silicone muffin tray with olive oil.
2. In a large bowl, combine the gluten-free cornmeal, gluten-free all-purpose flour, granulated sugar, baking powder, and salt.
3. In a separate bowl, whisk together the milk, melted butter, and beaten eggs.
4. Pour the wet ingredients into the dry ingredients and stir until just combined. Do not overmix. If using, fold in the canned corn and shredded cheddar cheese.
5. Divide the batter evenly among the muffin cups, filling each about two-thirds full.
6. Place the silicone muffin tray in the air fryer basket and cook for 12-15 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
7. Allow the muffins to cool in the tray for a few minutes before transferring to a wire rack to cool completely.
8. Serve warm with butter or honey.

## NUTRITIONAL INFORMATION (PER SERVING, 1 MUFFIN):

- Calories: 150
- Protein: 4g
- Carbohydrates: 25g
- Fat: 5g
- Fiber: 2g
- Sugar: 5g

**CHEF'S TIPS:**

For a sweeter muffin, increase the amount of sugar to 1/3 cup (65 g). You can also add diced jalapeños for a spicy twist or a handful of blueberries for a fruity version.

# Roasted Brussels Sprouts

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

## INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved (450 g)
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup grated Parmesan cheese (25 g) (optional)
- 1 tablespoon balsamic glaze (ensure gluten-free)

## INSTRUCTIONS

1. Preheat the air fryer to 375°F (190°C).
2. In a large bowl, toss the Brussels sprouts with olive oil, garlic powder, salt, and black pepper until evenly coated.
3. Arrange the Brussels sprouts in a single layer in the air fryer basket, ensuring they do not touch. Cook in batches if necessary to avoid overcrowding.
4. Cook for 12-15 minutes, shaking the basket halfway through, until the Brussels sprouts are golden brown and crispy on the edges.
5. Remove the Brussels sprouts from the air fryer and transfer to a serving bowl. If desired, sprinkle with grated Parmesan cheese and drizzle with balsamic glaze.
6. Serve hot.

## NUTRITIONAL INFORMATION (PER SERVING, ABOUT 1 CUP):

- Calories: 120
- Protein: 4g
- Carbohydrates: 10g
- Fat: 8g
- Fiber: 4g
- Sugar: 2g

## CHEF'S TIPS:

For added flavor, toss the Brussels sprouts with a tablespoon of maple syrup or honey before roasting. You can also add some chopped bacon or pancetta for a savory twist.

# Zucchini Fries

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

## INGREDIENTS

- 2 large zucchinis, cut into fries
- 1/2 cup gluten-free flour (60 g)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 large eggs, beaten
- 1 cup gluten-free breadcrumbs (120 g)
- 1/4 cup grated Parmesan cheese (25 g)
- Olive oil spray

## INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. In a shallow dish, combine the gluten-free flour, salt, black pepper, garlic powder, and onion powder.
3. In another shallow dish, place the beaten eggs.
4. In a third shallow dish, mix the gluten-free breadcrumbs and grated Parmesan cheese.
5. Dip each zucchini fry into the flour mixture, then the beaten eggs, and finally coat with the breadcrumb mixture, pressing lightly to adhere.
6. Arrange the coated zucchini fries in a single layer in the air fryer basket, ensuring they do not touch. Lightly spray with olive oil.
7. Cook for 8-10 minutes, shaking the basket halfway through, until the zucchini fries are golden brown and crispy.
8. Serve hot with your favorite dipping sauce.

## NUTRITIONAL INFORMATION (PER SERVING, ABOUT 1 CUP):

- Calories: 200
- Protein: 7g
- Carbohydrates: 22g
- Fat: 10g
- Fiber: 3g
- Sugar: 3g

## CHEF'S TIPS:

For extra crunch, use panko breadcrumbs instead of regular breadcrumbs. You can also add a pinch of cayenne pepper to the breadcrumb mixture for a bit of heat.

# **Baked Mac and Cheese Bites**

**Preparation Time:** 20 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

## **INGREDIENTS**

- 1 1/2 cups gluten-free elbow macaroni (240 g)
- 1 tablespoon unsalted butter
- 1 tablespoon gluten-free flour
- 1 cup milk (240 ml)
- 1 1/2 cups shredded cheddar cheese (150 g)
- 1/2 cup grated Parmesan cheese (50 g)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 large egg, beaten
- 1 cup gluten-free breadcrumbs (120 g)
- Olive oil spray

## **INSTRUCTIONS**

1. Cook the gluten-free elbow macaroni according to the package instructions. Drain and set aside.
2. In a medium saucepan, melt the butter over medium heat. Stir in the gluten-free flour and cook for 1-2 minutes, or until bubbly.
3. Gradually whisk in the milk and cook until the mixture thickens, about 5 minutes.
4. Remove the saucepan from the heat and stir in the shredded cheddar cheese, grated Parmesan cheese, garlic powder, onion powder, salt, and black pepper until the cheese is melted and the mixture is smooth.
5. Add the cooked macaroni to the cheese sauce and stir to coat well. Let the mixture cool slightly.
6. Preheat the air fryer to 375°F (190°C).
7. Once the macaroni and cheese mixture has cooled, stir in the beaten egg until well combined.
8. Shape the mixture into small balls or use a small scoop to form bite-sized portions.
9. Roll each mac and cheese bite in the gluten-free breadcrumbs, pressing gently to adhere.
10. Arrange the mac and cheese bites in a single layer in the air fryer basket, ensuring they do not touch. Lightly spray with olive oil.
11. Cook for 10-15 minutes, or until the bites are golden brown and crispy.
12. Serve hot with your favorite dipping sauce.

## **NUTRITIONAL INFORMATION (PER SERVING, ABOUT 4 BITES):**

- Calories: 300

- Protein: 12g
- Carbohydrates: 32g
- Fat: 14g
- Fiber: 2g
- Sugar: 2g

**CHEF'S TIPS:**

For added flavor, mix in some cooked bacon bits or finely chopped jalapeños into the mac and cheese mixture before forming the bites. You can also experiment with different cheeses like Gouda or Gruyère for a unique twist.

# Glazed Carrots

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

## INGREDIENTS

- 1 pound carrots, peeled and cut into sticks (450 g)
- 2 tablespoons unsalted butter, melted
- 2 tablespoons honey
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

## INSTRUCTIONS

1. Preheat the air fryer to 375°F (190°C).
2. In a large bowl, combine the melted butter, honey, ground cinnamon, salt, and black pepper. Mix until well combined.
3. Add the carrot sticks to the bowl and toss to coat evenly with the honey mixture.
4. Arrange the carrots in a single layer in the air fryer basket. Cook in batches if necessary to avoid overcrowding.
5. Cook for 12-15 minutes, shaking the basket halfway through, until the carrots are tender and lightly caramelized.
6. Serve hot, garnished with fresh parsley if desired.

## NUTRITIONAL INFORMATION (PER SERVING, ABOUT 1 CUP):

- Calories: 120
- Protein: 1g
- Carbohydrates: 20g
- Fat: 5g
- Fiber: 3g
- Sugar: 15g

## CHEF'S TIPS:

For a spicier version, add a pinch of cayenne pepper to the honey mixture. You can also experiment with different herbs like thyme or rosemary for added flavor.

# Cauliflower Bites

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

## INGREDIENTS

- 1 large head of cauliflower, cut into bite-sized florets (600 g)
- 1/2 cup gluten-free flour (60 g)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 large eggs, beaten
- 1 cup gluten-free breadcrumbs (120 g)
- 1/4 cup grated Parmesan cheese (25 g)
- Olive oil spray

## INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. In a shallow dish, combine the gluten-free flour, salt, black pepper, garlic powder, and onion powder.
3. In another shallow dish, place the beaten eggs.
4. In a third shallow dish, mix the gluten-free breadcrumbs and grated Parmesan cheese.
5. Dip each cauliflower floret into the flour mixture, then the beaten eggs, and finally coat with the breadcrumb mixture, pressing lightly to adhere.
6. Arrange the coated cauliflower bites in a single layer in the air fryer basket, ensuring they do not touch. Lightly spray with olive oil.
7. Cook for 12-15 minutes, shaking the basket halfway through, until the cauliflower bites are golden brown and crispy.
8. Serve hot with your favorite dipping sauce.

## NUTRITIONAL INFORMATION (PER SERVING, ABOUT 1 CUP):

- Calories: 180
- Protein: 7g
- Carbohydrates: 25g
- Fat: 6g
- Fiber: 4g
- Sugar: 3g

## CHEF'S TIPS:

For a spicy twist, add a pinch of cayenne pepper or smoked paprika to the breadcrumb mixture. You can also toss the cooked cauliflower bites in buffalo sauce for a flavorful kick.

# Garlic Roasted Potatoes

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

## **INGREDIENTS**

- 1 1/2 pounds baby potatoes, halved (680 g)
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup grated Parmesan cheese (25 g) (optional)

## **INSTRUCTIONS**

1. Preheat the air fryer to 400°F (200°C).
2. In a large bowl, toss the halved baby potatoes with olive oil, minced garlic, dried rosemary, dried thyme, salt, and black pepper until evenly coated.
3. Arrange the potatoes in a single layer in the air fryer basket. Cook in batches if necessary to avoid overcrowding.
4. Cook for 18-20 minutes, shaking the basket halfway through, until the potatoes are golden brown and crispy on the outside and tender on the inside.
5. If using, sprinkle the potatoes with grated Parmesan cheese during the last 2-3 minutes of cooking.
6. Serve hot, garnished with fresh parsley if desired.

## **NUTRITIONAL INFORMATION (PER SERVING, ABOUT 1 CUP):**

- Calories: 200
- Protein: 4g
- Carbohydrates: 28g
- Fat: 9g
- Fiber: 4g
- Sugar: 2g

## **CHEF'S TIPS:**

For an extra burst of flavor, add a squeeze of fresh lemon juice over the potatoes just before serving. You can also experiment with different herbs like oregano or basil for a unique twist.

# Grilled Asparagus

**Preparation Time:** 5 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

## INGREDIENTS

- 1 pound fresh asparagus, trimmed (450 g)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon lemon juice (optional)
- 1/4 cup grated Parmesan cheese (25 g) (optional)

## INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. In a large bowl, toss the asparagus with olive oil, minced garlic, salt, and black pepper until evenly coated.
3. Arrange the asparagus in a single layer in the air fryer basket. Cook in batches if necessary to avoid overcrowding.
4. Cook for 8-10 minutes, shaking the basket halfway through, until the asparagus is tender and slightly crispy.
5. If using, drizzle the cooked asparagus with lemon juice and sprinkle with grated Parmesan cheese before serving.
6. Serve hot.

## NUTRITIONAL INFORMATION (PER SERVING, ABOUT 1 CUP):

- Calories: 100
- Protein: 3g
- Carbohydrates: 5g
- Fat: 7g
- Fiber: 2g
- Sugar: 2g

## CHEF'S TIPS:

For added flavor, try sprinkling some red pepper flakes over the asparagus before cooking. You can also experiment with different seasonings like Italian herbs or smoked paprika for a unique twist.

# MAIN DISHES

## Chicken Parmesan

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

### INGREDIENTS

- 4 boneless, skinless chicken breasts (about 1.5 pounds / 680 g)
- 1 cup gluten-free breadcrumbs (120 g)
- 1/2 cup grated Parmesan cheese (50 g)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 large eggs, beaten
- 1 cup gluten-free marinara sauce (240 ml)
- 1 cup shredded mozzarella cheese (100 g)
- Olive oil spray

### INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. Pound the chicken breasts to an even thickness of about 1/2 inch (1.3 cm).
3. In a shallow dish, combine the gluten-free breadcrumbs, grated Parmesan cheese, garlic powder, onion powder, dried oregano, dried basil, salt, and black pepper.
4. In another shallow dish, place the beaten eggs.
5. Dip each chicken breast into the beaten eggs, then dredge in the breadcrumb mixture, pressing lightly to adhere.
6. Arrange the breaded chicken breasts in a single layer in the air fryer basket, ensuring they do not touch. Lightly spray with olive oil.
7. Cook for 10 minutes, flipping halfway through, until the chicken is golden brown and cooked through.
8. Spoon marinara sauce over each chicken breast and sprinkle with shredded mozzarella cheese.
9. Return the chicken to the air fryer and cook for an additional 3-5 minutes, or until the cheese is melted and bubbly.
10. Serve hot, garnished with fresh basil or parsley if desired.

**NUTRITIONAL INFORMATION (PER SERVING, 1 CHICKEN BREAST):**

- Calories: 400
- Protein: 45g
- Carbohydrates: 20g
- Fat: 15g
- Fiber: 2g
- Sugar: 5g

**CHEF'S TIPS:**

For extra flavor, add a tablespoon of pesto to the marinara sauce before spooning it over the chicken. You can also use a combination of mozzarella and provolone cheese for a richer taste.

# **BBQ Ribs**

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Servings:** 4

## **INGREDIENTS**

- 2 pounds pork baby back ribs (900 g)
- 1 tablespoon olive oil
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon chili powder
- 1 cup gluten-free BBQ sauce (240 ml)

## **INSTRUCTIONS**

1. Preheat the air fryer to 375°F (190°C).
2. Remove the membrane from the back of the ribs and cut the ribs into sections that will fit in your air fryer basket.
3. In a small bowl, mix together the olive oil, paprika, garlic powder, onion powder, salt, black pepper, and chili powder to create a rub.
4. Rub the spice mixture all over the ribs, ensuring they are evenly coated.
5. Arrange the rib sections in a single layer in the air fryer basket, ensuring they do not touch.
6. Cook for 25 minutes, flipping halfway through.
7. After 25 minutes, brush the ribs with BBQ sauce on all sides.
8. Cook for an additional 5 minutes, or until the ribs are tender and the BBQ sauce is caramelized.
9. Serve hot with extra BBQ sauce on the side if desired.

## **NUTRITIONAL INFORMATION (PER SERVING, ABOUT 1/2 POUND RIBS):**

- Calories: 500
- Protein: 30g
- Carbohydrates: 15g
- Fat: 35g
- Fiber: 1g
- Sugar: 12g

## **CHEF'S TIPS:**

For even more flavor, marinate the ribs in the rub for a few hours or overnight before cooking. You can also try different types of BBQ sauces, such as honey BBQ or spicy BBQ, to suit your taste preferences.

# Salmon Patties

**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

## INGREDIENTS

- 1 pound canned salmon, drained and flaked (450 g)
- 1/2 cup gluten-free breadcrumbs (60 g)
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped fresh parsley
- 2 large eggs, beaten
- 2 tablespoons gluten-free mayonnaise
- 1 tablespoon Dijon mustard (ensure gluten-free)
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- Olive oil spray
- Lemon wedges, for serving (optional)

## INSTRUCTIONS

1. In a large bowl, combine the flaked salmon, gluten-free breadcrumbs, finely chopped onion, chopped parsley, beaten eggs, mayonnaise, Dijon mustard, garlic powder, salt, and black pepper. Mix until well combined.
2. Form the mixture into 8 patties, about 1/2 inch (1.3 cm) thick.
3. Preheat the air fryer to 375°F (190°C).
4. Lightly spray the air fryer basket with olive oil. Place the salmon patties in a single layer in the basket, ensuring they do not touch. Lightly spray the tops of the patties with olive oil.
5. Cook for 8-10 minutes, flipping halfway through, until the patties are golden brown and crispy on the outside.
6. Serve hot with lemon wedges and your favorite dipping sauce, if desired.

## NUTRITIONAL INFORMATION (PER SERVING, 2 PATTIES):

- Calories: 250
- Protein: 22g
- Carbohydrates: 10g
- Fat: 14g
- Fiber: 1g
- Sugar: 1g

**CHEF'S TIPS:**

For added flavor, mix in some finely chopped capers or dill into the salmon mixture. You can also serve the patties on a bed of greens with a light vinaigrette for a refreshing meal.

# Meatloaf

**Preparation Time:** 15 minutes

**Cooking Time:** 30 minutes

**Servings:** 6

## INGREDIENTS

- 1 1/2 pounds ground beef (680 g)
- 1/2 cup gluten-free breadcrumbs (60 g)
- 1/2 cup finely chopped onion
- 1/4 cup finely chopped green bell pepper
- 1/4 cup finely chopped fresh parsley
- 1/2 cup gluten-free ketchup, divided
- 1/4 cup milk (60 ml)
- 2 large eggs, beaten
- 2 tablespoons Worcestershire sauce (ensure gluten-free)
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Olive oil spray

## INSTRUCTIONS

1. Preheat the air fryer to 350°F (175°C).
2. In a large bowl, combine the ground beef, gluten-free breadcrumbs, finely chopped onion, green bell pepper, parsley, 1/4 cup of the gluten-free ketchup, milk, beaten eggs, Worcestershire sauce, garlic powder, salt, and black pepper. Mix until well combined.
3. Shape the meat mixture into a loaf shape that will fit into your air fryer basket.
4. Lightly spray the air fryer basket with olive oil. Place the meatloaf in the basket.
5. Cook for 25-30 minutes, until the meatloaf is cooked through (internal temperature should reach 160°F/71°C).
6. About 5 minutes before the meatloaf is done, spread the remaining 1/4 cup of gluten-free ketchup on top of the meatloaf for a glazed finish.
7. Let the meatloaf rest for a few minutes before slicing and serving.

## NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 380
- Protein: 24g
- Carbohydrates: 14g
- Fat: 25g
- Fiber: 1g

- Sugar: 5g

**CHEF'S TIPS:**

You can add more flavor by incorporating chopped mushrooms or using a mix of ground beef and ground pork. Serve with gluten-free gravy or a side of mashed potatoes for a classic comfort meal.

# Stuffed Bell Peppers

**Preparation Time:** 20 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

## INGREDIENTS

- 4 large bell peppers (any color)
- 1 pound ground turkey or beef (450 g)
- 1 cup cooked rice (200 g)
- 1/2 cup finely chopped onion
- 1/2 cup gluten-free tomato sauce (120 ml)
- 1/4 cup gluten-free breadcrumbs (30 g)
- 1/4 cup grated Parmesan cheese (25 g)
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup shredded mozzarella cheese (50 g)
- Olive oil spray

## INSTRUCTIONS

1. Preheat the air fryer to 375°F (190°C).
2. Cut the tops off the bell peppers and remove the seeds and membranes. Set aside.
3. In a large bowl, combine the ground turkey or beef, cooked rice, finely chopped onion, gluten-free tomato sauce, gluten-free breadcrumbs, Parmesan cheese, minced garlic, Italian seasoning, salt, and black pepper. Mix until well combined.
4. Stuff each bell pepper with the meat and rice mixture, pressing down slightly to fill completely.
5. Lightly spray the air fryer basket with olive oil. Place the stuffed peppers in the basket, ensuring they do not touch.
6. Cook for 20 minutes. After 20 minutes, sprinkle the shredded mozzarella cheese on top of each pepper.
7. Continue cooking for an additional 5 minutes, or until the cheese is melted and bubbly.
8. Serve hot with additional tomato sauce, if desired.

## NUTRITIONAL INFORMATION (PER SERVING, 1 PEPPER):

- Calories: 350
- Protein: 25g
- Carbohydrates: 25g
- Fat: 15g

- Fiber: 4g
- Sugar: 6g

**CHEF'S TIPS:**

For added flavor, you can mix in some chopped fresh basil or oregano into the stuffing mixture. Serve with a side salad for a complete meal. If you prefer a vegetarian option, substitute the meat with a mixture of black beans and quinoa.

# Fish Tacos

**Preparation Time:** 20 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

## INGREDIENTS

- 1 pound white fish fillets (such as cod or tilapia) (450 g)
- 1 cup gluten-free breadcrumbs (120 g)
- 1/2 cup gluten-free flour (60 g)
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 large eggs, beaten
- Olive oil spray
- 8 small gluten-free corn tortillas
- 2 cups shredded cabbage (140 g)
- 1/2 cup diced tomatoes (75 g)
- 1/4 cup chopped fresh cilantro
- 1/4 cup gluten-free sour cream (60 g)
- 1/4 cup gluten-free salsa (60 g)
- 1 tablespoon fresh lime juice

## INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. Pat the fish fillets dry with paper towels and cut them into strips.
3. In a shallow bowl, mix the gluten-free flour, paprika, garlic powder, salt, and black pepper.
4. Place the beaten eggs in another shallow bowl.
5. Place the gluten-free breadcrumbs in a third shallow bowl.
6. Dredge each fish strip in the flour mixture, then dip in the beaten eggs, and finally coat with the breadcrumbs, pressing gently to adhere.
7. Lightly spray the air fryer basket with olive oil. Place the breaded fish strips in a single layer in the basket, ensuring they do not touch. Lightly spray the tops of the fish with olive oil.
8. Cook for 8-10 minutes, flipping halfway through, until the fish is golden brown and cooked through (internal temperature should reach 145°F/63°C).
9. While the fish is cooking, warm the gluten-free corn tortillas in a dry skillet over medium heat or in the microwave.
10. Assemble the tacos by placing a few pieces of cooked fish in each tortilla. Top with shredded cabbage, diced tomatoes, and chopped cilantro.

11. In a small bowl, mix the gluten-free sour cream, gluten-free salsa, and fresh lime juice. Drizzle over the tacos.
12. Serve immediately with extra lime wedges, if desired.

**NUTRITIONAL INFORMATION (PER SERVING, 2 TACOS):**

- Calories: 350
- Protein: 28g
- Carbohydrates: 35g
- Fat: 10g
- Fiber: 5g
- Sugar: 3g

**CHEF'S TIPS:**

For a spicy kick, add a few slices of jalapeño or a dash of hot sauce to the tacos. You can also serve with a side of guacamole or a fresh mango salsa for a tropical twist.

# Fried Chicken

**Preparation Time:** 20 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

## INGREDIENTS

- 1 1/2 pounds chicken drumsticks or thighs (680 g)
- 1 cup gluten-free flour (120 g)
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 large eggs, beaten
- 1 cup gluten-free breadcrumbs (120 g)
- Olive oil spray

## INSTRUCTIONS

1. Preheat the air fryer to 375°F (190°C).
2. Pat the chicken pieces dry with paper towels.
3. In a shallow bowl, mix the gluten-free flour, paprika, garlic powder, onion powder, salt, and black pepper.
4. Place the beaten eggs in another shallow bowl.
5. Place the gluten-free breadcrumbs in a third shallow bowl.
6. Dredge each chicken piece in the flour mixture, then dip in the beaten eggs, and finally coat with the breadcrumbs, pressing gently to adhere.
7. Lightly spray the air fryer basket with olive oil. Place the breaded chicken pieces in a single layer in the basket, ensuring they do not touch. Lightly spray the tops of the chicken with olive oil.
8. Cook for 20-25 minutes, flipping halfway through, until the chicken is golden brown and cooked through (internal temperature should reach 165°F/74°C).
9. Serve hot with your favorite gluten-free dipping sauce.

## NUTRITIONAL INFORMATION (PER SERVING, 2 PIECES):

Calories: 450

Protein: 35g

Carbohydrates: 25g

Fat: 22g

Fiber: 2g

Sugar: 1g

**CHEF'S TIPS:**

For extra flavor, marinate the chicken in buttermilk for a few hours before coating. Serve with a side of coleslaw or mashed potatoes for a classic meal. Adjust the seasoning to your taste, adding more spices like cayenne pepper for a spicier kick.

# Shrimp Scampi

**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

## INGREDIENTS

- 1 pound large shrimp, peeled and deveined (450 g)
- 1/4 cup gluten-free all-purpose flour (30 g)
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup olive oil (60 ml)
- 4 cloves garlic, minced
- 1/4 teaspoon red pepper flakes
- 1/4 cup white wine or gluten-free chicken broth (60 ml)
- 1/4 cup lemon juice (60 ml)
- 2 tablespoons unsalted butter
- 1/4 cup chopped fresh parsley
- Olive oil spray

## INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. In a shallow bowl, mix the gluten-free flour, garlic powder, salt, and black pepper.
3. Dredge the shrimp in the flour mixture, shaking off any excess.
4. Lightly spray the air fryer basket with olive oil. Place the shrimp in a single layer in the basket, ensuring they do not touch. Lightly spray the tops of the shrimp with olive oil.
5. Cook for 5-7 minutes, flipping halfway through, until the shrimp are pink and opaque.
6. While the shrimp are cooking, heat the olive oil in a large skillet over medium heat. Add the minced garlic and red pepper flakes, and sauté for 1-2 minutes until fragrant.
7. Add the white wine or gluten-free chicken broth and lemon juice to the skillet, and bring to a simmer.
8. Remove the skillet from heat and stir in the unsalted butter until melted.
9. Add the cooked shrimp to the skillet and toss to coat in the sauce.
10. Sprinkle with chopped fresh parsley before serving.

## NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 320
- Protein: 25g
- Carbohydrates: 10g

- Fat: 20g
- Fiber: 1g
- Sugar: 1g

**CHEF'S TIPS:**

Serve the shrimp scampi over gluten-free pasta or with a side of gluten-free garlic bread. For added flavor, you can garnish with extra lemon zest or grated Parmesan cheese. Adjust the amount of red pepper flakes based on your preferred spice level.

# Turkey Burgers

**Preparation Time:** 15 minutes

**Cooking Time:** 12 minutes

**Servings:** 4

## INGREDIENTS

- 1 1/2 pounds ground turkey (680 g)
- 1/2 cup gluten-free breadcrumbs (60 g)
- 1/4 cup finely chopped onion
- 2 cloves garlic, minced
- 1 large egg, beaten
- 2 tablespoons gluten-free Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Olive oil spray
- Gluten-free buns
- Optional toppings: lettuce, tomato, red onion, avocado, gluten-free cheese, gluten-free condiments

## INSTRUCTIONS

1. In a large bowl, combine the ground turkey, gluten-free breadcrumbs, finely chopped onion, minced garlic, beaten egg, gluten-free Worcestershire sauce, Dijon mustard, salt, and black pepper. Mix until well combined.
2. Divide the mixture into 4 equal portions and shape each portion into a patty, about 1/2 inch (1.3 cm) thick.
3. Preheat the air fryer to 375°F (190°C).
4. Lightly spray the air fryer basket with olive oil. Place the turkey patties in a single layer in the basket, ensuring they do not touch.
5. Cook for 10-12 minutes, flipping halfway through, until the patties are cooked through (internal temperature should reach 165°F/74°C).
6. While the patties are cooking, toast the gluten-free buns in a dry skillet or in the oven, if desired.
7. Assemble the burgers by placing each turkey patty on a gluten-free bun and adding your favorite toppings.
8. Serve immediately with a side of gluten-free fries or a salad.

## NUTRITIONAL INFORMATION (PER SERVING, 1 BURGER):

- Calories: 320
- Protein: 28g
- Carbohydrates: 20g
- Fat: 14g

- Fiber: 2g
- Sugar: 2g

**CHEF'S TIPS:**

For a juicier burger, you can mix in 2 tablespoons of olive oil or Greek yogurt into the turkey mixture. Serve with a side of sweet potato fries or a fresh green salad for a complete meal. Adjust the seasoning to your taste, adding herbs like parsley or cilantro for extra flavor.

# Vegetable Stir-fry

**Preparation Time: 15 minutes**

**Cooking Time: 10 minutes**

**Servings: 4**

## INGREDIENTS

- 2 tablespoons olive oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 cup broccoli florets (150 g)
- 1 cup snap peas (100 g)
- 1 carrot, thinly sliced
- 1 zucchini, sliced
- 1/2 cup sliced mushrooms (75 g)
- 2 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 1/4 cup gluten-free soy sauce (60 ml)
- 2 tablespoons gluten-free hoisin sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1/4 teaspoon red pepper flakes (optional)
- 1/4 cup chopped green onions
- 1 tablespoon sesame seeds

## INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. In a large bowl, combine the sliced red and yellow bell peppers, broccoli florets, snap peas, carrot, zucchini, and mushrooms.
3. Drizzle the olive oil over the vegetables and toss to coat.
4. Lightly spray the air fryer basket with olive oil. Place the vegetables in a single layer in the basket, working in batches if necessary to avoid overcrowding.
5. Cook for 8-10 minutes, shaking the basket halfway through, until the vegetables are tender and slightly charred.
6. While the vegetables are cooking, prepare the sauce. In a small bowl, whisk together the minced garlic, grated ginger, gluten-free soy sauce, gluten-free hoisin sauce, rice vinegar, sesame oil, and red pepper flakes (if using).
7. Once the vegetables are cooked, transfer them to a large mixing bowl. Pour the sauce over the vegetables and toss to coat evenly.
8. Serve the stir-fry hot, garnished with chopped green onions and sesame seeds.

**NUTRITIONAL INFORMATION (PER SERVING):**

- Calories: 180
- Protein: 4g
- Carbohydrates: 18g
- Fat: 10g
- Fiber: 5g
- Sugar: 8g

**CHEF'S TIPS:**

For added protein, you can mix in some tofu, chicken, or shrimp. Serve the stir-fry over a bed of gluten-free rice or quinoa for a complete meal. Adjust the sauce ingredients to your taste, adding more soy sauce or hoisin sauce for extra flavor.

# Gluten-Free Pizza

**Preparation Time:** 20 minutes (plus 1 hour for dough to rise)

**Cooking Time:** 15 minutes

**Servings:** 4

## INGREDIENTS

For the Dough:

- 1 1/2 cups gluten-free all-purpose flour (180 g)
- 1 tablespoon gluten-free baking powder
- 1 teaspoon salt
- 1 cup warm water (240 ml)
- 1 tablespoon olive oil
- 1 teaspoon apple cider vinegar
- 1 teaspoon honey or sugar

For the Toppings:

- 1/2 cup gluten-free pizza sauce (120 ml)
- 1 1/2 cups shredded mozzarella cheese (150 g)
- 1/2 cup sliced pepperoni or other desired toppings (75 g)
- 1/4 cup grated Parmesan cheese (25 g)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Olive oil spray

## INSTRUCTIONS

1. In a large mixing bowl, whisk together the gluten-free flour, gluten-free baking powder, and salt.
2. In a separate bowl, combine the warm water, olive oil, apple cider vinegar, and honey or sugar. Mix well.
3. Pour the wet ingredients into the dry ingredients and stir until a dough forms. If the dough is too sticky, add a little more flour, one tablespoon at a time.
4. Knead the dough on a lightly floured surface for about 2-3 minutes until smooth.
5. Place the dough in a lightly oiled bowl, cover with a clean kitchen towel, and let it rise in a warm place for about 1 hour.
6. Preheat the air fryer to 375°F (190°C).
7. After the dough has risen, roll it out on a piece of parchment paper to fit your air fryer basket, about 1/4 inch (0.6 cm) thick.
8. Lightly spray the air fryer basket with olive oil. Transfer the rolled-out dough to the basket using the parchment paper.
9. Pre-cook the dough for 5-7 minutes until it starts to set and becomes slightly firm.
10. Remove the dough from the air fryer and spread the gluten-free pizza sauce evenly over the surface.

11. Sprinkle the shredded mozzarella cheese evenly over the sauce, followed by the sliced pepperoni or other desired toppings.
12. Sprinkle the grated Parmesan cheese, dried oregano, and dried basil over the toppings.
13. Return the pizza to the air fryer and cook for an additional 8-10 minutes, or until the cheese is melted and bubbly and the crust is golden brown.
14. Remove the pizza from the air fryer and let it cool for a few minutes before slicing and serving.

**NUTRITIONAL INFORMATION (PER SERVING):**

- Calories: 350
- Protein: 18g
- Carbohydrates: 32g
- Fat: 18g
- Fiber: 3g
- Sugar: 2g

**CHEF'S TIPS:**

Customize your pizza with a variety of gluten-free toppings such as vegetables, different cheeses, or gluten-free meats. For a crispier crust, you can brush the edges of the dough with a little olive oil before pre-cooking. Serve with a side salad for a complete meal.

# Pulled Pork

**Preparation Time:** 15 minutes

**Cooking Time:** 1 hour 30 minutes (plus additional time for marinating, if desired)

**Servings:** 6

## INGREDIENTS

- 2 pounds pork shoulder or pork butt (900 g)
- 1 tablespoon olive oil
- 1/2 cup gluten-free barbecue sauce (120 ml)
- 1/4 cup apple cider vinegar (60 ml)
- 2 tablespoons brown sugar
- 1 tablespoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon cayenne pepper (optional, for heat)
- Gluten-free buns for serving (optional)

## INSTRUCTIONS

1. Trim any excess fat from the pork shoulder or pork butt and cut it into 2-inch (5 cm) chunks.
2. In a small bowl, mix together the smoked paprika, garlic powder, onion powder, salt, black pepper, and cayenne pepper (if using).  
Rub the spice mixture all over the pork chunks. For best results, cover and refrigerate the seasoned pork for at least 1 hour, or overnight if possible.
3. Preheat the air fryer to 350°F (175°C). Lightly spray the air fryer basket with olive oil.
4. Place the pork chunks in the basket in a single layer, working in batches if necessary to avoid overcrowding.
5. Cook for 25-30 minutes, turning the pork pieces halfway through, until the pork is browned and cooked through.
6. Once cooked, remove the pork from the air fryer and let it rest for a few minutes. Using two forks, shred the pork into bite-sized pieces.
7. In a medium saucepan, combine the gluten-free barbecue sauce, apple cider vinegar, and brown sugar. Bring to a simmer over medium heat, stirring occasionally until the sugar is dissolved and the sauce is heated through.
8. Add the shredded pork to the saucepan and stir to coat the pork evenly with the sauce. Simmer for an additional 10 minutes to allow the flavors to meld together.
9. Serve the pulled pork hot on gluten-free buns, if desired, or as a main dish with your favorite sides.

## NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 350
- Protein: 30g
- Carbohydrates: 12g
- Fat: 20g
- Fiber: 1g
- Sugar: 8g

**CHEF'S TIPS:**

For extra flavor, you can add a splash of gluten-free Worcestershire sauce or a dash of liquid smoke to the barbecue sauce mixture. Serve the pulled pork with coleslaw, pickles, or a side of gluten-free cornbread for a delicious meal. Adjust the seasoning to your taste, adding more spices or brown sugar as needed.

# Chicken Alfredo

**Preparation Time:** 20 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

## INGREDIENTS

- 1 pound chicken breast, cut into 1-inch (2.5 cm) cubes (450 g)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried oregano
- 8 ounces gluten-free fettuccine (225 g)
- 1 cup heavy cream (240 ml)
- 1/2 cup grated Parmesan cheese (120 ml)
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- Salt and pepper to taste
- Fresh parsley, chopped (optional, for garnish)

## INSTRUCTIONS

1. In a medium bowl, toss the chicken cubes with olive oil, garlic powder, onion powder, salt, black pepper, and dried oregano until evenly coated.
2. Preheat the air fryer to 375°F (190°C). Lightly spray the air fryer basket with olive oil.
3. Place the chicken pieces in the air fryer basket in a single layer, working in batches if necessary to avoid overcrowding.
4. Cook the chicken for 15-20 minutes, turning halfway through, until the chicken is golden brown and cooked through. The internal temperature should reach 165°F (74°C).
5. While the chicken is cooking, cook the gluten-free fettuccine according to the package instructions. Drain and set aside.
6. In a large skillet over medium heat, melt the butter and sauté the minced garlic until fragrant, about 1-2 minutes.
7. Add the heavy cream to the skillet and bring to a simmer. Cook for 5-7 minutes, stirring occasionally, until the cream has thickened slightly.
8. Stir in the grated Parmesan cheese until the cheese is melted and the sauce is smooth. Season with salt and pepper to taste.
9. Add the cooked fettuccine to the skillet and toss to coat with the Alfredo sauce.
10. Add the cooked chicken pieces to the pasta and stir to combine.
11. Serve the Chicken Alfredo hot, garnished with fresh parsley if desired.

**NUTRITIONAL INFORMATION (PER SERVING, 1/4 OF RECIPE):**

- Calories: 620
- Protein: 38g
- Carbohydrates: 40g
- Fat: 35g
- Fiber: 3g
- Sugar: 2g

**CHEF'S TIPS:**

For a richer flavor, you can add a pinch of nutmeg to the Alfredo sauce. Serve the Chicken Alfredo with a side of gluten-free garlic bread or a fresh green salad. Adjust the seasoning to your taste, and for a lighter version, you can substitute half-and-half for the heavy cream.

# Beef Stroganoff

**Preparation Time:** 20 minutes

**Cooking Time:** 30 minutes

**Servings:** 4

## INGREDIENTS

- 1 pound beef sirloin, thinly sliced into strips (450 g)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 8 ounces gluten-free egg noodles (225 g)
- 1/2 cup gluten-free beef broth (120 ml)
- 1 cup sour cream (240 ml)
- 1/2 cup heavy cream (120 ml)
- 1 medium onion, finely chopped
- 8 ounces mushrooms, sliced (225 g)
- 2 tablespoons gluten-free all-purpose flour
- 2 tablespoons unsalted butter
- Fresh parsley, chopped (optional, for garnish)

## INSTRUCTIONS

1. In a medium bowl, toss the beef strips with olive oil, garlic powder, onion powder, salt, and black pepper until evenly coated.
2. Preheat the air fryer to 375°F (190°C). Lightly spray the air fryer basket with olive oil.
3. Place the beef strips in the air fryer basket in a single layer, working in batches if necessary to avoid overcrowding.
4. Cook the beef for 10-12 minutes, turning halfway through, until browned and cooked through. Remove from the air fryer and set aside.
5. While the beef is cooking, cook the gluten-free egg noodles according to the package instructions. Drain and set aside.
6. In a large skillet over medium heat, melt the butter and sauté the chopped onion until translucent, about 3-4 minutes.
7. Add the sliced mushrooms to the skillet and cook until tender, about 5-7 minutes.
8. Sprinkle the gluten-free all-purpose flour over the mushrooms and onions, stirring to combine. Cook for 1-2 minutes to eliminate the raw flour taste.
9. Gradually add the gluten-free beef broth to the skillet, stirring constantly until the mixture thickens and comes to a simmer.

10. Reduce the heat to low and stir in the sour cream and heavy cream until the sauce is smooth and creamy. Season with additional salt and pepper to taste.
11. Add the cooked beef strips to the sauce and stir to combine.
12. Serve the beef stroganoff over the cooked gluten-free egg noodles, garnished with fresh parsley if desired.

**NUTRITIONAL INFORMATION (PER SERVING, 1/4 OF RECIPE):**

- Calories: 520
- Protein: 32g
- Carbohydrates: 40g
- Fat: 25g
- Fiber: 2g
- Sugar: 4g

**CHEF'S TIPS:**

For extra flavor, you can add a splash of gluten-free Worcestershire sauce to the sauce mixture. Serve the Beef Stroganoff with a side of steamed vegetables or a fresh green salad. Adjust the seasoning to your taste, and for a lighter version, you can use Greek yogurt instead of sour cream.

# Stuffed Zucchini Boats

**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

## INGREDIENTS

- 4 medium zucchini
- 1/2 pound ground turkey or beef (225 g)
- 1 small onion, finely chopped
- 1 cup gluten-free marinara sauce (240 ml)
- 1/2 cup gluten-free breadcrumbs (120 ml)
- 1/2 cup shredded mozzarella cheese (120 ml)
- 1/4 cup grated Parmesan cheese (60 ml)
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Olive oil spray
- Fresh basil, chopped (optional, for garnish)

## INSTRUCTIONS

1. Cut the zucchini in half lengthwise and scoop out the center, leaving about 1/4-inch (0.6 cm) thick shells. Reserve the scooped-out flesh and chop it finely.
2. In a medium skillet over medium heat, cook the ground turkey or beef and chopped onion until the meat is browned and the onion is translucent. Drain any excess fat.
3. Add the chopped zucchini flesh to the skillet and cook for an additional 2-3 minutes until tender.
4. Stir in the gluten-free marinara sauce, gluten-free breadcrumbs, garlic powder, Italian seasoning, salt, and black pepper. Cook for another 2-3 minutes until the mixture is well combined and heated through.
5. Preheat the air fryer to 375°F (190°C). Lightly spray the air fryer basket with olive oil.
6. Fill each zucchini boat with the meat mixture, pressing down lightly to pack the filling. Sprinkle the shredded mozzarella cheese and grated Parmesan cheese evenly over the top of each zucchini boat.
7. Place the stuffed zucchini boats in the air fryer basket in a single layer. Cook for 10-12 minutes until the zucchini is tender and the cheese is melted and golden brown.
8. Remove from the air fryer and let rest for a few minutes. Garnish with fresh basil if desired and serve hot.

## NUTRITIONAL INFORMATION (PER SERVING, 1/4 OF RECIPE):

- Calories: 280

- Protein: 20g
- Carbohydrates: 15g
- Fat: 16g
- Fiber: 3g
- Sugar: 6g

**CHEF'S TIPS:**

For a vegetarian version, you can replace the ground meat with a mixture of finely chopped mushrooms and bell peppers. Serve the Stuffed Zucchini Boats with a side of gluten-free garlic bread or a fresh green salad. Adjust the seasoning to your taste, and for an extra kick, you can add a pinch of red pepper flakes to the meat mixture.

# **BBQ Chicken Pizza**

**Preparation Time:** 20 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

## **INGREDIENTS**

- 1 gluten-free pizza crust (store-bought or homemade, approximately 12 inches / 30 cm)
- 1/2 pound cooked chicken breast, shredded (225 g)
- 1/2 cup gluten-free barbecue sauce (120 ml), plus extra for drizzling
- 1 cup shredded mozzarella cheese (240 ml)
- 1/2 small red onion, thinly sliced
- 1/4 cup fresh cilantro, chopped
- Olive oil spray

## **INSTRUCTIONS**

1. Preheat the air fryer to 375°F (190°C).
2. If using a store-bought gluten-free pizza crust, lightly spray the crust with olive oil. If making a homemade crust, follow your recipe's instructions up to the point of adding toppings.
3. In a medium bowl, toss the shredded chicken with 1/2 cup (120 ml) of the gluten-free barbecue sauce until evenly coated.
4. Spread a thin layer of barbecue sauce over the pizza crust, leaving a small border around the edges.
5. Evenly distribute the shredded barbecue chicken over the sauced crust.
6. Sprinkle the shredded mozzarella cheese over the chicken, followed by the thinly sliced red onion.
7. Place the assembled pizza in the air fryer basket. Cook for 10-12 minutes, or until the cheese is melted and bubbly, and the crust is golden brown.
8. Carefully remove the pizza from the air fryer. Let it cool for a few minutes, then sprinkle with fresh chopped cilantro and drizzle with additional barbecue sauce if desired.
9. Slice and serve hot.

## **NUTRITIONAL INFORMATION (PER SERVING, 1/4 OF RECIPE):**

- Calories: 360
- Protein: 28g
- Carbohydrates: 30g
- Fat: 15g
- Fiber: 2g
- Sugar: 8g

## **CHEF'S TIPS:**

For extra flavor, you can add a sprinkle of smoked paprika or a dash of hot sauce to the barbecue sauce mixture. Serve the BBQ Chicken Pizza with a side salad or gluten-free breadsticks. Adjust the toppings to your preference, adding items like bell peppers or jalapeños for additional flavor and texture.

# Crab Cakes

**Preparation Time:** 20 minutes

**Cooking Time:** 15 minutes

**Servings:** 4

## INGREDIENTS

- 1 pound lump crab meat, drained and picked over for shells (450 g)
- 1/2 cup gluten-free breadcrumbs (120 ml)
- 1/4 cup mayonnaise (60 ml)
- 1 large egg, beaten
- 2 tablespoons Dijon mustard
- 1 tablespoon Worcestershire sauce (ensure gluten-free)
- 1 teaspoon Old Bay seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 cup finely chopped green onions
- 2 tablespoons finely chopped fresh parsley
- 1 tablespoon lemon juice
- Olive oil spray
- Lemon wedges, for serving (optional)

## INSTRUCTIONS

1. In a large bowl, combine the gluten-free breadcrumbs, mayonnaise, beaten egg, Dijon mustard, Worcestershire sauce, Old Bay seasoning, garlic powder, onion powder, green onions, parsley, and lemon juice. Mix until well combined.
2. Gently fold in the lump crab meat, being careful not to break up the large pieces. Mix until just combined.
3. Form the mixture into 8 equal-sized patties and place them on a parchment-lined baking sheet. Refrigerate for at least 30 minutes to help them firm up.
4. Preheat the air fryer to 375°F (190°C). Lightly spray the air fryer basket with olive oil.
5. Place the crab cakes in the air fryer basket in a single layer, working in batches if necessary to avoid overcrowding. Lightly spray the tops of the crab cakes with olive oil.
6. Cook the crab cakes for 10-12 minutes, turning halfway through, until golden brown and crispy.
7. Remove from the air fryer and let rest for a few minutes. Serve hot with lemon wedges and your favorite gluten-free dipping sauce.

## NUTRITIONAL INFORMATION (PER SERVING, 2 CRAB CAKES):

- Calories: 220
- Protein: 22g

- Carbohydrates: 10g
- Fat: 10g
- Fiber: 1g
- Sugar: 1g

**CHEF'S TIPS:**

For extra flavor, you can add a dash of hot sauce or a pinch of cayenne pepper to the crab cake mixture. Serve the crab cakes with gluten-free tartar sauce or a squeeze of fresh lemon juice. Adjust the seasoning to your taste, and for a more decadent version, you can add a little bit of gluten-free panko breadcrumbs for extra crunch.

# Chicken and Waffles

**Preparation Time:** 30 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

## INGREDIENTS

For the Chicken:

- 1 pound chicken tenders (450 g)
- 1 cup buttermilk (240 ml)
- 1 cup gluten-free all-purpose flour (120 g)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper (optional, for heat)
- Olive oil spray

For the Waffles:

- 1 1/2 cups gluten-free waffle mix (180 g)
- 1 cup milk (240 ml)
- 2 large eggs
- 1/4 cup melted butter (60 ml)
- 1 teaspoon vanilla extract

For Serving:

- Maple syrup
- Fresh berries (optional)
- Butter (optional)

## INSTRUCTIONS

1. Place the chicken tenders in a bowl and pour the buttermilk over them. Cover and refrigerate for at least 30 minutes to marinate.
2. In a shallow dish, combine the gluten-free all-purpose flour, garlic powder, onion powder, paprika, salt, black pepper, and cayenne pepper (if using).
3. Remove the chicken tenders from the buttermilk, allowing any excess to drip off. Dredge each piece in the flour mixture, ensuring an even coat.
4. Preheat the air fryer to 375°F (190°C). Lightly spray the air fryer basket with olive oil.
5. Place the coated chicken tenders in the air fryer basket in a single layer, working in batches if necessary to avoid overcrowding. Lightly spray the tops with olive oil. Cook for 10-12 minutes,

turning halfway through, until golden brown and cooked through. The internal temperature should reach 165°F (74°C).

6. In a large bowl, whisk together the gluten-free waffle mix, milk, eggs, melted butter, and vanilla extract until smooth.
7. Preheat a waffle iron according to the manufacturer's instructions. Lightly spray with cooking spray if needed. Pour the batter into the preheated waffle iron and cook according to the manufacturer's instructions until the waffles are golden brown and crisp.
8. Serve the crispy chicken tenders over the freshly made waffles. Drizzle with maple syrup and top with fresh berries and butter if desired.

#### **NUTRITIONAL INFORMATION (PER SERVING, 1/4 OF RECIPE):**

- Calories: 540
- Protein: 28g
- Carbohydrates: 60g
- Fat: 22g
- Fiber: 3g
- Sugar: 8g

#### **CHEF'S TIPS:**

For a spicy twist, add a tablespoon of hot sauce to the buttermilk marinade. Serve the Chicken and Waffles with a side of gluten-free gravy or a dollop of whipped cream for a sweet and savory experience. Adjust the seasoning to your taste, and for a more decadent version, you can add crispy bacon bits to the waffle batter.

# **BBQ Pulled Chicken Sandwiches**

**Preparation Time:** 15 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

## **INGREDIENTS**

- 1 pound boneless, skinless chicken breasts (450 g)
- 1 cup gluten-free barbecue sauce (240 ml), plus extra for serving
- 1/4 cup apple cider vinegar (60 ml)
- 1 tablespoon brown sugar
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- Gluten-free buns for serving
- Coleslaw for topping (optional)

## **INSTRUCTIONS**

1. Preheat the air fryer to 360°F (180°C).
2. In a small bowl, mix together the smoked paprika, garlic powder, onion powder, salt, and black pepper. Rub the spice mixture all over the chicken breasts.
3. Place the seasoned chicken breasts in the air fryer basket in a single layer. Cook for 20-25 minutes, turning halfway through, until the chicken is cooked through and the internal temperature reaches 165°F (74°C).
4. While the chicken is cooking, in a medium saucepan, combine the gluten-free barbecue sauce, apple cider vinegar, and brown sugar. Bring to a simmer over medium heat, stirring occasionally until the sugar is dissolved and the sauce is heated through.
5. Once the chicken is cooked, remove it from the air fryer and let it rest for a few minutes. Using two forks, shred the chicken into bite-sized pieces.
6. Add the shredded chicken to the saucepan with the barbecue sauce. Stir to coat the chicken evenly with the sauce. Simmer for an additional 5 minutes to allow the flavors to meld together.
7. Serve the pulled chicken on gluten-free buns, topped with coleslaw if desired. Drizzle with extra barbecue sauce if you like.

## **NUTRITIONAL INFORMATION (PER SERVING, 1 SANDWICH):**

- Calories: 450
- Protein: 35g
- Carbohydrates: 45g
- Fat: 15g

- Fiber: 3g
- Sugar: 12g

**CHEF'S TIPS:**

For extra flavor, you can add a splash of gluten-free Worcestershire sauce or a dash of liquid smoke to the barbecue sauce mixture. Serve the BBQ Pulled Chicken Sandwiches with a side of gluten-free cornbread or a fresh green salad. Adjust the seasoning to your taste, adding more spices or brown sugar as needed.

# Lemon Garlic Butter Shrimp

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

## INGREDIENTS

- 1 pound large shrimp, peeled and deveined (450 g)
- 2 tablespoons olive oil
- 1/4 cup unsalted butter, melted (60 ml)
- 3 cloves garlic, minced
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons fresh parsley, chopped
- Lemon wedges, for serving

## INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. In a large bowl, combine the olive oil, melted butter, minced garlic, lemon juice, lemon zest, smoked paprika, salt, and black pepper. Mix well.
3. Add the shrimp to the bowl and toss until they are evenly coated with the butter mixture.
4. Place the shrimp in the air fryer basket in a single layer. Cook for 6-8 minutes, shaking the basket halfway through, until the shrimp are pink and cooked through.
5. Remove the shrimp from the air fryer and transfer to a serving platter. Sprinkle with fresh parsley.
6. Serve hot with lemon wedges on the side.

## NUTRITIONAL INFORMATION (PER SERVING, 1/4 OF RECIPE):

- Calories: 250
- Protein: 24g
- Carbohydrates: 2g
- Fat: 17g
- Fiber: 0g
- Sugar: 0g

## CHEF'S TIPS:

For an extra kick, add a pinch of red pepper flakes to the butter mixture. Serve the Lemon Garlic Butter Shrimp over gluten-free pasta, rice, or with a side of roasted vegetables. Adjust the seasoning to your taste, and for a more decadent version, you can add a bit more butter to the mixture.

# DESSERTS

## Chocolate Chip Cookies

**Preparation Time:** 15 minutes

**Cooking Time:** 8 minutes per batch

**Servings:** 24 cookies

### INGREDIENTS

- 1/2 cup unsalted butter, softened (115 g)
- 1/2 cup granulated sugar (100 g)
- 1/2 cup brown sugar, packed (100 g)
- 1 large egg
- 1 teaspoon vanilla extract
- 1 1/4 cups gluten-free all-purpose flour (150 g)
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup gluten-free chocolate chips (170 g)

### INSTRUCTIONS

1. In a large bowl, cream together the softened butter, granulated sugar, and brown sugar until light and fluffy. Beat in the egg and vanilla extract until well combined.
2. In a separate bowl, whisk together the gluten-free all-purpose flour, baking soda, and salt. Gradually add the dry ingredients to the wet ingredients, mixing until just combined.
3. Stir in the gluten-free chocolate chips until evenly distributed throughout the dough.
4. Preheat the air fryer to 350°F (175°C). Line the air fryer basket with parchment paper to prevent sticking.
5. Using a tablespoon or small cookie scoop, drop dough balls onto the parchment-lined air fryer basket, spacing them about 2 inches (5 cm) apart to allow for spreading.
6. Air fry the cookies in batches for 6-8 minutes, or until the edges are golden brown and the centers are set. Keep an eye on the cookies as cooking times may vary slightly between air fryers.
7. Remove the cookies from the air fryer and let them cool on a wire rack. Repeat with the remaining dough.
8. Serve the cookies warm or at room temperature. Store any leftovers in an airtight container.

### NUTRITIONAL INFORMATION (PER SERVING, 1 COOKIE):

- Calories: 120
- Protein: 1g
- Carbohydrates: 18g
- Fat: 6g

- Fiber: 1g
- Sugar: 12g

**CHEF'S TIPS:**

For extra flavor, you can add a teaspoon of gluten-free vanilla extract or a handful of chopped nuts to the cookie dough. Serve the Chocolate Chip Cookies with a glass of cold milk or a scoop of gluten-free vanilla ice cream. Adjust the baking time according to your air fryer model, as cooking times can vary.

# **Brownies**

**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Servings:** 9 brownies

## **INGREDIENTS**

- 1/2 cup unsalted butter, melted (115 g)
- 1 cup granulated sugar (200 g)
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/3 cup gluten-free all-purpose flour (40 g)
- 1/2 cup unsweetened cocoa powder (60 g)
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder
- 1/2 cup gluten-free chocolate chips (85 g)

## **INSTRUCTIONS**

1. In a large bowl, whisk together the melted butter and granulated sugar until well combined. Add the eggs and vanilla extract, whisking until the mixture is smooth and creamy.
2. In a separate bowl, sift together the gluten-free all-purpose flour, unsweetened cocoa powder, salt, and baking powder. Gradually add the dry ingredients to the wet ingredients, mixing until just combined.
3. Stir in the gluten-free chocolate chips until evenly distributed throughout the batter.
4. Preheat the air fryer to 320°F (160°C). Line an 8-inch (20 cm) square baking pan with parchment paper, allowing the paper to hang over the edges for easy removal.
5. Pour the brownie batter into the prepared pan, spreading it evenly with a spatula.
6. Place the pan in the air fryer basket. Cook for 18-20 minutes, or until a toothpick inserted into the center comes out with a few moist crumbs. Be careful not to overbake, as the brownies will continue to set as they cool.
7. Remove the pan from the air fryer and let the brownies cool in the pan for at least 10 minutes. Use the parchment paper to lift the brownies out of the pan and transfer them to a wire rack to cool completely.
8. Once cooled, cut into 9 squares and serve. Store any leftovers in an airtight container at room temperature.

## **NUTRITIONAL INFORMATION (PER SERVING, 1 BROWNIE):**

- Calories: 210
- Protein: 3g
- Carbohydrates: 29g
- Fat: 10g

- Fiber: 2g
- Sugar: 20g

**CHEF'S TIPS:**

For a richer flavor, you can add a teaspoon of espresso powder to the brownie batter. Serve the brownies with a scoop of gluten-free vanilla ice cream or a dollop of whipped cream for an indulgent dessert. Adjust the baking time according to your air fryer model, as cooking times can vary.

# Apple Pie

**Preparation Time:** 30 minutes

**Cooking Time:** 25 minutes

**Servings:** 8

## INGREDIENTS

For the Crust:

- 1 1/2 cups gluten-free all-purpose flour (180 g)
- 1/2 cup unsalted butter, cold and cubed (115 g)
- 1/4 cup granulated sugar (50 g)
- 1/4 teaspoon salt
- 4-6 tablespoons ice water (60-90 ml)

For the Filling:

- 4 cups thinly sliced apples (about 4 medium apples) (480 g)
- 1/2 cup granulated sugar (100 g)
- 1/4 cup brown sugar, packed (50 g)
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 tablespoon gluten-free all-purpose flour
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract

For the Topping:

- 1 tablespoon unsalted butter, melted
- 1 tablespoon granulated sugar
- 1/2 teaspoon ground cinnamon

## INSTRUCTIONS

1. In a large bowl, mix the gluten-free all-purpose flour, granulated sugar, and salt. Add the cold, cubed butter and use a pastry cutter or your hands to work the butter into the flour mixture until it resembles coarse crumbs. Gradually add the ice water, one tablespoon at a time, mixing until the dough comes together. Form the dough into a ball, wrap it in plastic wrap, and refrigerate for at least 30 minutes.
2. In a large bowl, combine the thinly sliced apples, granulated sugar, brown sugar, ground cinnamon, ground nutmeg, gluten-free all-purpose flour, lemon juice, and vanilla extract. Toss until the apples are evenly coated.
3. Preheat the air fryer to 350°F (175°C). Roll out the chilled dough on a lightly floured surface to fit a 7-inch (18 cm) pie pan. Press the dough into the pie pan and trim any excess dough from the edges. Pour the apple filling into the crust.

4. Brush the melted butter over the top of the apple filling. Mix the granulated sugar and ground cinnamon together and sprinkle over the top.
5. Place the pie in the air fryer basket and cook for 20-25 minutes, or until the crust is golden brown and the apples are tender. Check the pie halfway through the cooking time and cover the edges with aluminum foil if they are browning too quickly.
6. Remove the pie from the air fryer and let it cool on a wire rack for at least 30 minutes before serving. Serve warm or at room temperature.

**NUTRITIONAL INFORMATION (PER SERVING, 1/8 OF PIE):**

Calories: 320

Protein: 3g

Carbohydrates: 49g

Fat: 14g

Fiber: 3g

Sugar: 27g

**CHEF'S TIPS:**

For added flavor, you can mix a handful of raisins or chopped nuts into the apple filling. Serve the apple pie with a scoop of gluten-free vanilla ice cream or a dollop of whipped cream. Adjust the spices in the filling to your taste, adding more cinnamon or nutmeg as desired.

# Cheesecake Bites

**Preparation Time:** 20 minutes

**Cooking Time:** 15 minutes

**Servings:** 12 bites

## INGREDIENTS

For the Crust:

- 1 cup gluten-free graham cracker crumbs (120 g)
- 2 tablespoons granulated sugar
- 1/4 cup unsalted butter, melted (60 ml)

For the Filling:

- 8 ounces cream cheese, softened (225 g)
- 1/4 cup granulated sugar (50 g)
- 1 large egg
- 1 teaspoon vanilla extract
- 1 tablespoon sour cream

For the Topping:

- Fresh berries, chocolate sauce, or caramel sauce (optional)

## INSTRUCTIONS

1. In a medium bowl, combine the gluten-free graham cracker crumbs, granulated sugar, and melted butter. Mix until the crumbs are evenly coated. Press the mixture firmly into the bottom of silicone muffin cups or a silicone mold to form the crust.
2. In a large bowl, beat the softened cream cheese and granulated sugar until smooth and creamy. Add the egg, vanilla extract, and sour cream, and continue to beat until well combined.
3. Spoon the cream cheese mixture over the prepared crusts in the silicone muffin cups, filling each cup almost to the top.
4. Preheat the air fryer to 300°F (150°C). Place the filled silicone muffin cups in the air fryer basket. Cook for 12-15 minutes, or until the cheesecake bites are set and slightly golden around the edges.
5. Remove the cheesecake bites from the air fryer and let them cool to room temperature. Then, refrigerate for at least 2 hours, or until fully chilled.
6. Once chilled, carefully remove the cheesecake bites from the silicone muffin cups. Top with fresh berries, chocolate sauce, or caramel sauce if desired, and serve.

## NUTRITIONAL INFORMATION (PER SERVING, 1 CHEESECAKE BITE):

- Calories: 160
- Protein: 2g
- Carbohydrates: 15g

- Fat: 10g
- Fiber: 0g
- Sugar: 12g

**CHEF'S TIPS:**

For a citrus twist, you can add a teaspoon of lemon or orange zest to the cream cheese mixture. These cheesecake bites can be stored in an airtight container in the refrigerator for up to 5 days. Serve them chilled for the best texture and flavor.

# Lemon Bars

**Preparation Time:** 20 minutes

**Cooking Time:** 25 minutes

**Servings:** 9

## INGREDIENTS

For the Crust:

- 1 cup gluten-free all-purpose flour (120 g)
- 1/4 cup granulated sugar (50 g)
- 1/4 teaspoon salt
- 1/2 cup unsalted butter, cold and cubed (115 g)

For the Filling:

- 3 large eggs
- 1 cup granulated sugar (200 g)
- 2 tablespoons gluten-free all-purpose flour
- 1/2 teaspoon baking powder
- 1/3 cup fresh lemon juice (80 ml)
- 1 tablespoon lemon zest

For Dusting:

- Powdered sugar (optional)

## INSTRUCTIONS

1. In a medium bowl, mix the gluten-free all-purpose flour, granulated sugar, and salt. Add the cold, cubed butter and use a pastry cutter or your hands to work the butter into the flour mixture until it resembles coarse crumbs. Press the mixture firmly into the bottom of an 8-inch (20 cm) square baking pan lined with parchment paper.
2. Preheat the air fryer to 350°F (175°C). Place the prepared crust in the air fryer and cook for 10 minutes, or until it is lightly golden brown. Remove from the air fryer and set aside.
3. In a large bowl, whisk together the eggs, granulated sugar, gluten-free all-purpose flour, and baking powder until smooth. Add the fresh lemon juice and lemon zest, and whisk until well combined.
4. Pour the lemon filling over the pre-baked crust in the baking pan. Place the pan back in the air fryer and cook for 15 minutes, or until the filling is set and slightly golden around the edges.
5. Remove the lemon bars from the air fryer and let them cool to room temperature. Once cooled, refrigerate for at least 2 hours, or until fully chilled.
6. Once chilled, use the parchment paper to lift the lemon bars out of the pan. Cut into 9 squares and dust with powdered sugar if desired before serving.

**NUTRITIONAL INFORMATION (PER SERVING, 1 BAR):**

- Calories: 210
- Protein: 3g
- Carbohydrates: 28g
- Fat: 10g
- Fiber: 1g
- Sugar: 18g

**CHEF'S TIPS:**

For a more intense lemon flavor, you can add an extra tablespoon of lemon zest to the filling. These lemon bars can be stored in an airtight container in the refrigerator for up to 5 days. Serve them chilled for the best texture and flavor.

# Peanut Butter Cookies

**Preparation Time:** 15 minutes

**Cooking Time:** 8 minutes per batch

**Servings:** 24 cookies

## INGREDIENTS

- 1 cup creamy peanut butter (240 g)
- 1/2 cup granulated sugar (100 g)
- 1/2 cup brown sugar, packed (100 g)
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

## INSTRUCTIONS

1. In a large bowl, mix together the peanut butter, granulated sugar, and brown sugar until well combined. Add the egg and vanilla extract, and mix until smooth.
2. Stir in the baking soda and salt until evenly distributed throughout the dough.
3. Preheat the air fryer to 350°F (175°C). Line the air fryer basket with parchment paper to prevent sticking.
4. Using a tablespoon or small cookie scoop, drop dough balls onto the parchment-lined air fryer basket, spacing them about 2 inches (5 cm) apart. Flatten each dough ball slightly with a fork, creating a crisscross pattern on top.
5. Air fry the cookies in batches for 6-8 minutes, or until the edges are golden brown and the centers are set. Keep an eye on the cookies as cooking times may vary slightly between air fryers.
6. Remove the cookies from the air fryer and let them cool on a wire rack. Repeat with the remaining dough.
7. Serve the cookies warm or at room temperature. Store any leftovers in an airtight container.

## NUTRITIONAL INFORMATION (PER SERVING, 1 COOKIE):

- Calories: 140
- Protein: 3g
- Carbohydrates: 14g
- Fat: 8g
- Fiber: 1g
- Sugar: 11g

## CHEF'S TIPS:

For extra texture, you can add a handful of gluten-free chocolate chips or chopped nuts to the cookie dough. Serve the Peanut Butter Cookies with a glass of cold milk or a cup of coffee. Adjust the baking time according to your air fryer model, as cooking times can vary.

# **Banana Bread**

**Preparation Time:** 15 minutes

**Cooking Time:** 35 minutes

**Servings:** 8

## **INGREDIENTS**

- 1 1/2 cups gluten-free all-purpose flour (180 g)
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 cup unsalted butter, melted (115 g)
- 3/4 cup granulated sugar (150 g)
- 2 large eggs
- 1 teaspoon vanilla extract
- 3 ripe bananas, mashed
- 1/2 cup chopped walnuts or pecans (optional) (60 g)

## **INSTRUCTIONS**

1. In a medium bowl, whisk together the gluten-free all-purpose flour, baking soda, salt, and ground cinnamon.
2. In a large bowl, mix the melted butter and granulated sugar until well combined. Add the eggs and vanilla extract, and mix until smooth.
3. Stir in the mashed bananas until well combined. Gradually add the dry ingredients to the wet ingredients, mixing until just combined.
4. Fold in the chopped walnuts or pecans, if using.
5. Preheat the air fryer to 320°F (160°C). Lightly grease a 7-inch (18 cm) round or square baking pan and line the bottom with parchment paper.
6. Pour the batter into the prepared baking pan, spreading it evenly with a spatula.
7. Place the pan in the air fryer basket. Cook for 30-35 minutes, or until a toothpick inserted into the center comes out clean. Be careful not to overbake, as the banana bread will continue to set as it cools.
8. Remove the banana bread from the air fryer and let it cool in the pan for 10 minutes. Use the parchment paper to lift the bread out of the pan and transfer it to a wire rack to cool completely.
9. Once cooled, slice and serve. Store any leftovers in an airtight container at room temperature.

## **NUTRITIONAL INFORMATION (PER SERVING, 1 SLICE):**

- Calories: 280
- Protein: 4g
- Carbohydrates: 40g
- Fat: 12g

- Fiber: 2g
- Sugar: 20g

**CHEF'S TIPS:**

For added flavor, you can mix in a handful of gluten-free chocolate chips or dried fruit. Serve the banana bread warm with a spread of butter or a dollop of whipped cream. Adjust the baking time according to your air fryer model, as cooking times can vary.

# Cinnamon Rolls

**Preparation Time:** 25 minutes (plus 1 hour rising time)

**Cooking Time:** 12 minutes

**Servings:** 8 rolls

## INGREDIENTS

For the Dough:

- 2 1/4 cups gluten-free all-purpose flour (270 g)
- 1/4 cup granulated sugar (50 g)
- 1 packet active dry yeast (2 1/4 teaspoons)
- 1/2 teaspoon salt
- 1/2 cup warm milk (120 ml)
- 1/4 cup unsalted butter, melted (60 g)
- 2 large eggs, room temperature

For the Filling:

- 1/2 cup brown sugar, packed (100 g)
- 2 tablespoons ground cinnamon
- 1/4 cup unsalted butter, softened (60 g)

For the Glaze:

- 1 cup powdered sugar (120 g)
- 2 tablespoons milk (30 ml)
- 1/2 teaspoon vanilla extract

## INSTRUCTIONS

1. In a large bowl, combine the gluten-free all-purpose flour, granulated sugar, active dry yeast, and salt.
2. In a separate bowl, mix the warm milk, melted butter, and eggs until well combined. Gradually add the wet ingredients to the dry ingredients, mixing until a dough forms.
3. Knead the dough on a lightly floured surface for about 5 minutes, until smooth and elastic. Place the dough in a greased bowl, cover with a damp cloth, and let it rise in a warm place for about 1 hour, or until doubled in size.
4. In a small bowl, mix the brown sugar and ground cinnamon for the filling.
5. Once the dough has risen, roll it out on a lightly floured surface into a rectangle about 12x9 inches (30x23 cm). Spread the softened butter evenly over the dough, then sprinkle the cinnamon-sugar mixture over the butter.
6. Starting from the long side, tightly roll up the dough into a log. Cut the log into 8 equal slices.
7. Preheat the air fryer to 350°F (175°C). Lightly grease the air fryer basket or line it with parchment paper.

8. Place the cinnamon roll slices in the air fryer basket, spacing them slightly apart. Cook for 10-12 minutes, or until golden brown and cooked through.
9. While the cinnamon rolls are cooking, prepare the glaze by whisking together the powdered sugar, milk, and vanilla extract until smooth.
10. Remove the cinnamon rolls from the air fryer and let them cool slightly before drizzling the glaze over the top. Serve warm.

**NUTRITIONAL INFORMATION (PER SERVING, 1 ROLL):**

- Calories: 320
- Protein: 4g
- Carbohydrates: 56g
- Fat: 9g
- Fiber: 2g
- Sugar: 28g

**CHEF'S TIPS:**

For a richer flavor, you can add a pinch of nutmeg to the cinnamon-sugar filling. Serve the cinnamon rolls with a cup of coffee or hot cocoa for a delightful breakfast or snack. Adjust the cooking time according to your air fryer model, as cooking times can vary.

# Red Velvet Cupcakes

**Preparation Time:** 20 minutes

**Cooking Time:** 15 minutes per batch

**Servings:** 12 cupcakes

## INGREDIENTS

For the Cupcakes:

- 1 1/2 cups gluten-free all-purpose flour (180 g)
- 1 cup granulated sugar (200 g)
- 1/4 cup unsweetened cocoa powder (30 g)
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup buttermilk (120 ml)
- 1/2 cup vegetable oil (120 ml)
- 2 large eggs
- 1 tablespoon red food coloring
- 1 teaspoon vanilla extract
- 1 teaspoon white vinegar

For the Frosting:

- 8 ounces cream cheese, softened (225 g)
- 1/4 cup unsalted butter, softened (60 g)
- 2 cups powdered sugar (240 g)
- 1 teaspoon vanilla extract

## INSTRUCTIONS

1. In a large bowl, whisk together the gluten-free all-purpose flour, granulated sugar, cocoa powder, baking soda, and salt.
2. In a separate bowl, whisk together the buttermilk, vegetable oil, eggs, red food coloring, vanilla extract, and white vinegar until well combined.
3. Gradually add the wet ingredients to the dry ingredients, mixing until just combined. Be careful not to overmix.
4. Preheat the air fryer to 320°F (160°C). Line silicone cupcake molds with paper liners or lightly grease them.
5. Fill each cupcake mold about 2/3 full with batter.
6. Place the molds in the air fryer basket, leaving space between them for air circulation. Cook in batches if necessary. Cook for 12-15 minutes, or until a toothpick inserted into the center of a cupcake comes out clean.
7. Remove the cupcakes from the air fryer and let them cool in the molds for a few minutes before transferring them to a wire rack to cool completely.

8. While the cupcakes are cooling, prepare the frosting. In a large bowl, beat the softened cream cheese and butter until smooth and creamy. Gradually add the powdered sugar, beating until well combined and fluffy. Beat in the vanilla extract.
9. Once the cupcakes are completely cool, frost them with the cream cheese frosting using a piping bag or a spatula.

**NUTRITIONAL INFORMATION (PER SERVING, 1 CUPCAKE):**

- Calories: 320
- Protein: 3g
- Carbohydrates: 45g
- Fat: 15g
- Fiber: 1g
- Sugar: 35g

**CHEF'S TIPS:**

For an extra touch, sprinkle the frosted cupcakes with gluten-free red velvet cake crumbs or a light dusting of cocoa powder. Store the cupcakes in an airtight container in the refrigerator for up to 3 days. Serve at room temperature for the best texture and flavor.

# Pumpkin Pie Bars

**Preparation Time:** 20 minutes

**Cooking Time:** 30 minutes

**Servings:** 9 bars

## INGREDIENTS

For the Crust:

- 1 1/2 cups gluten-free graham cracker crumbs (180 g)
- 1/4 cup granulated sugar (50 g)
- 1/2 cup unsalted butter, melted (115 g)

For the Filling:

- 1 can (15 ounces) pumpkin puree (425 g)
- 1/2 cup granulated sugar (100 g)
- 1/2 cup brown sugar, packed (100 g)
- 3 large eggs
- 1 cup evaporated milk (240 ml)
- 1 teaspoon vanilla extract
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 teaspoon salt

For the Topping:

- Whipped cream or vanilla ice cream (optional)

## INSTRUCTIONS

1. In a medium bowl, combine the gluten-free graham cracker crumbs, granulated sugar, and melted butter. Mix until the crumbs are evenly coated. Press the mixture firmly into the bottom of an 8-inch (20 cm) square baking pan lined with parchment paper.
2. Preheat the air fryer to 350°F (175°C). Place the prepared crust in the air fryer and cook for 10 minutes, or until it is lightly golden brown. Remove from the air fryer and set aside.
3. In a large bowl, whisk together the pumpkin puree, granulated sugar, brown sugar, eggs, evaporated milk, vanilla extract, ground cinnamon, ground ginger, ground nutmeg, ground cloves, and salt until smooth and well combined.
4. Pour the pumpkin filling over the pre-baked crust in the baking pan. Place the pan back in the air fryer and cook for 20-25 minutes, or until the filling is set and a toothpick inserted into the center comes out clean.
5. Remove the pumpkin pie bars from the air fryer and let them cool to room temperature. Once cooled, refrigerate for at least 2 hours, or until fully chilled.

6. Once chilled, use the parchment paper to lift the pumpkin pie bars out of the pan. Cut into 9 squares. Serve with whipped cream or vanilla ice cream if desired.

**NUTRITIONAL INFORMATION (PER SERVING, 1 BAR):**

- Calories: 250
- Protein: 4g
- Carbohydrates: 35g
- Fat: 10g
- Fiber: 2g
- Sugar: 25g

**CHEF'S TIPS:**

For an added crunch, sprinkle some chopped pecans on top of the pumpkin filling before baking. These pumpkin pie bars can be stored in an airtight container in the refrigerator for up to 5 days. Serve them chilled or at room temperature for the best flavor and texture.

# CONCLUSION

Embarking on the journey of gluten-free cooking with an air fryer has been a transformative experience for me and my family. What began as a hesitant experiment has turned into a beloved method for creating delicious, healthy, and safe meals. This bonus collection of recipes and tips is designed to help you navigate this journey with confidence and creativity.

Mastering the basics, such as understanding the optimal temperature and cooking times, preheating, and maintaining cleanliness, ensures that your air fryer performs at its best. By following these guidelines, you can consistently produce meals that are not only enjoyable but also healthy. Additionally, the importance of avoiding cross-contamination in a gluten-free kitchen cannot be overstated. With careful attention to detail and a commitment to maintaining a safe cooking environment, you can protect those with gluten sensitivities and create a welcoming space for everyone at your table.

I hope these recipes inspire you to explore the versatility of your air fryer and experiment with new dishes. From crispy snacks and delectable desserts to wholesome sides and hearty main courses, there's something here for every occasion. Remember, cooking is an adventure, and with each recipe, you're not just making food—you're creating memories and experiences to share with your loved ones.

Thank you for joining me on this culinary adventure. May your air fryer bring you as much joy and satisfaction as it has brought to my family. Here's to many delicious gluten-free meals and the endless possibilities that lie ahead.

Enjoy every bite!

Diane.