# Oster®

# Air Fryer Cookbook









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**(V) Vegetarian**
**(GF) Gluten-Free**
**(DF) Dairy-Free**


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## Ingredients

**Wings:**

2 lb split chicken wings
1 tsp each salt and pepper
3 tbsp all-purpose flour
1 tbsp safflower oil
1/4 cup barbecue sauce
2 tbsp hot pepper sauce *(such as Frank's Red Hot sauce)*
1 tbsp melted butter
1 tsp brown sugar

**Yogurt Dip:**

1 cup plain Greek yogurt
1/4 cup fresh parsley, *finely chopped*
4 tsp fresh dill, *finely chopped*
1 tsp lemon zest
1 tbsp lemon juice
1 tbsp Dijon mustard
1 tbsp olive oil
2 cloves garlic, *minced*
1/4 tsp each salt and pepper
3 cups veggie sticks *(such as carrots, celery, red peppers and cucumbers)*

# Buffalo Chicken Wings

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10** MINS | **30** MINS | **40** MINS | **4** |

## Directions

1. **Wings:** In large bowl, season wings with salt and pepper; sprinkle with flour and toss to coat. Place wings, in batches if needed, in air-fryer bowl. Drizzle with oil. Cook on dual heat mode setting with air fryer in the level position for 30 to 40 minutes or until golden brown and crisp. Carefully turn wings halfway through cooking time.
2. Meanwhile, stir together barbecue sauce, hot sauce, butter and sugar; set aside.
3. Place wings in large clean bowl; toss with hot sauce mixture until coated.
4. **Yogurt Dip:** Stir together yogurt, parsley, dill, lemon zest, lemon juice, mustard, olive oil, garlic, salt and pepper until blended.
5. Serve wings with dip and veggie sticks.

**Tips:** *Add finely crumbled blue cheese, goat cheese or feta cheese to dip.*

*• For spicier wings, use equal amounts of barbecue sauce and hot sauce.*



## Ingredients

**Chicken:**

2 boneless skinless chicken breasts *(about 1 lb)*
1 tbsp olive oil
1 tbsp balsamic vinegar
1 clove garlic, *minced*
1/4 tsp each salt and pepper

**Salad:**

2 1/2 cups cubed baguette *(day-old)*
1/2 cup olive oil, *divided*
1/4 cup grated Parmesan cheese
3 tbsp red wine vinegar
1 tsp Dijon mustard
1/2 tsp dried oregano
1/2 tsp each salt and pepper
1/2 cup red onion, *thinly sliced*
2 cups cherry tomatoes, *halved*
2 cups cucumber, *chopped*
1/4 cup fresh basil, *torn*
3/4 cup black olives, *pitted*

# Chicken Panzanella Salad

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10 MINS** | **25 MINS** | **35 MINS** *+10 mins standing time* | **4** |

## Directions

1. **Chicken:** Toss together chicken, oil, vinegar, garlic, salt and pepper.
2. Insert the roasting rack into air fryer. Lightly grease rack. Place chicken in air-fryer on rack. Cook on dual heat mode setting with air fryer in the level position for 20 to 25 minutes or until golden and cooked through. Carefully turn chicken halfway through cooking time. Remove chicken. Let stand for 10 minutes; slice thinly.
3. **Salad:** Toss together baguette cubes and 2 tbsp olive oil until well coated. Toss with Parmesan. Place in air-fryer bowl. Cook on dual heat mode setting for 3 to 5 minutes with air fryer in the tilt position or until golden brown and toasted. Let cool slightly.
4. Whisk together remaining oil, vinegar, mustard, oregano, salt and pepper; stir in sliced onion. Toss together vinaigrette, tomatoes, cucumber and basil. Fold in toasted bread, chicken and olives.

**Tip:** *Alternatively, use prepared Italian dressing.*



## Ingredients

2 oz cream cheese, *softened*

1 tsp lime zest

1 tbsp lime juice

1/4 tsp each salt, pepper and chili powder

6 jalapeño peppers, *halved lengthwise and seeded*

2 tbsp corn flake crumbs

2 tbsp shredded Cheddar cheese

1 tbsp grated Parmesan cheese

1 tbsp olive oil

# Jalapeño Poppers

V

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **15** MINS | **15** MINS | **30** MINS | **4** |

## Directions

1. Mash together cream cheese, lime zest, juice, salt, pepper and chili powder. Stuff 1 tsp of mixture into each jalapeño half. Stir together cornflake crumbs, Cheddar and Parmesan. Sprinkle over each stuffed jalapeño.
2. Place jalapeño poppers in bowl of air fryer. Drizzle with oil. Cook on dual heat mode setting with air fryer in the level position for 10 to 15 minutes or until jalapeños are tender and topping is golden brown.

**Tip:** *Serve with salsa and guacamole if desired.*



## Ingredients

3/4 cup panko bread crumbs

1/2 cup unsweetened coconut, *shredded*

1/4 cup peanuts, *crushed*

1/4 tsp each salt and pepper

1 lb large shrimp, *peeled, deveined and tail removed (16 to 20 count)*

2 egg whites, *beaten until frothy*

1 tbsp vegetable oil

1/2 cup prepared Thai sweet chili sauce

# Coconut Shrimp

GF DF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10 MINS** | **20 MINS** | **30 MINS** *+10 mins standing time* | **4** |

## Directions

1. In shallow dish, stir together bread crumbs, coconut, peanuts, salt and pepper. One at a time, dip shrimp in egg white, then coat in bread crumb mixture.
2. Place on parchment paper–lined baking sheet. Let stand for 10 minutes (to allow coating to dry out slightly).
3. In two batches, place shrimp in bowl of air-fryer. Drizzle with oil. Cook on dual heat mode setting with air fryer in the level position for 10 to 12 minutes or until golden brown, crisp and cooked through. Carefully turn shrimp halfway through cooking time.
4. Serve shrimp with Thai chili sauce for dipping.



# Crab and Corn Cakes

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **15 MINS** | **25 MINS** | **40 MINS** *+30 mins chilling time* | **4** |

## Ingredients

**Crab Cakes:**

1/4 cup mayonnaise
1 egg, *lightly beaten*
1 tbsp Dijon mustard
1/2 tsp Old Bay seasoning
1/4 tsp pepper
2 cups lump crab meat
1/2 cup corn kernels, *cooked*
1/2 cup dry bread crumbs
2 tbsp chives, *finely chopped*
1 tbsp vegetable oil

**Dill Sauce:**

1/2 cup mayonnaise
1 tsp lemon zest
2 tbsp lemon juice
2 tbsp fresh dill, *finely chopped*
1/4 tsp salt and pepper

## Directions

1. **Crab Cakes:** In bowl, stir together mayonnaise, egg, mustard, Old Bay seasoning and pepper. Fold in crab meat, corn, bread crumbs and chives. Using 1/4 cup measure, form into 8 patties, about 1/2-inch thick. Refrigerate for 30 minutes.
2. Insert roasting rack into air-fryer. In two batches, place crab cakes on rack. Drizzle with oil. Cook on dual heat mode setting with air fryer in the level position for 12 to 15 minutes or until golden brown, crisp and cooked through.
3. **Dill Sauce:** Meanwhile, stir together mayonnaise, lemon zest, lemon juice, dill, salt and pepper.
4. Serve crab cakes with dollop of sauce.

**Tip:** *Alternatively, serve with tzatziki sauce instead of dill sauce.*



## Ingredients

1/2 cup goat cheese, *softened*
3 tbsp Parmesan cheese, *grated*
1 tbsp fresh thyme, *finely chopped*
1 tbsp balsamic vinegar
1 clove garlic, *minced*
1/3 cup cured chorizo sausage, *finely chopped*
2 tbsp sun-dried tomatoes, *finely chopped*
1/4 tsp chili pepper flakes
16 cremini mushrooms *(medium to large size), stems removed*
1 tbsp olive oil

# Mushrooms Stuffed with Chorizo

| PREP TIME | COOK TIME | TOTAL TIME | MAKES |
|---|---|---|---|
| **10 MINS** | **20 MINS** | **30 MINS** | **16** |

## Directions

1. Insert roasting rack in air fryer. Lightly grease rack.
2. Mash together goat cheese, Parmesan, thyme, vinegar and garlic. Stir in chorizo, sun-dried tomatoes and chili flakes. Spoon 2 tsp chorizo mixture into mushrooms.
3. In two batches, place mushrooms on rack in bowl of air fryer. Drizzle with oil. Cook on dual heat mode setting with air fryer in the level position for 10 to 12 minutes or until mushrooms are tender and topping is golden brown.

**Tip:** *Alternatively, substitute white button mushrooms for cremini mushrooms.*



## Ingredients

1 cup cherry tomatoes, *halved*
2 tsp olive oil
1/4 tsp each salt and pepper
4 tsp mayonnaise
16 baguette rounds
1/2 cup Cheddar cheese, *shredded*
2 tbsp melted butter

# Mini Grilled Cheese with Roasted Tomatoes (V)

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **15 MINS** | **15 MINS** | **30 MINS** | **4** |

## Directions

1. Toss together cherry tomatoes, oil, salt and pepper. Place in bowl of air fryer. Cook on dual heat mode setting with air fryer in the level position for 8 to 10 minutes or until tomatoes are golden and tender.
2. Spread mayonnaise evenly over 8 baguette rounds. Top with air-fried tomatoes and sprinkle with Cheddar. Cap with remaining baguette rounds. Brush outside baguette rounds with butter.
3. Insert rack in air fryer. Place mini grilled cheese sandwiches on rack. Cook on dual heat mode setting with air fryer in the level position for 3 to 5 minutes or until bread is toasted and cheese melts.

**Tip:** *Substitute Gruyère cheese for Cheddar cheese if desired.*



## Ingredients

1/2 cup hoisin sauce
2 tbsp honey
4 tsp sriracha hot sauce
4 tsp soy sauce
1 tbsp fresh ginger, *minced*
1 tbsp rice wine vinegar
2 tsp sesame oil
1 pork tenderloin *(about 1 lb)*
1/4 tsp each salt and pepper
1 tbsp vegetable oil
16 large Boston lettuce leaves
1 cup matchstick carrots
1 cup matchstick cucumber
1 cup red pepper, *thinly sliced*
4 green onions, *thinly sliced*
1/2 cup cashews, *chopped and toasted*

# Chinese Barbecue Pork Lettuce Cups (GF) (DF)

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **20 MINS** | **35 MINS** | **55 MINS** | **4** |

## Directions

1. Insert roasting rack into air fryer. Lightly grease rack.
2. Stir together hoisin sauce, honey, sriracha, soy sauce, ginger, vinegar and sesame oil. Cut pork tenderloin in half, crosswise; season with salt and pepper. Brush 1/4 cup hoisin mixture over pork.
3. Place pork in air-fryer on rack. Drizzle with oil. Cook on dual heat mode setting with air fryer in the level position for 20 minutes. Halfway through cooking time, turn and brush with 2 tbsp hoisin mixture. Cook until pork is just cooked through and reaches internal temperature of 160°F. Let stand for 10 minutes. Slice thinly.
4. Serve pork in lettuce leaf "cups." Top with carrots, cucumber, red pepper, green onions and cashews. Serve with remaining hoisin mixture for drizzling.

**Tip:** *Substitute peanuts, almonds or pecans for cashews.*



## Ingredients

1 pork tenderloin, *cut into 1-inch pieces (about 1 lb)*
2 tbsp olive oil
1 tbsp red wine vinegar
2 cloves garlic, *minced*
1 tsp dried oregano
1/2 tsp dried dill
1/2 tsp each salt and pepper
1/2 cup prepared tzatziki sauce
4 large whole wheat pita breads
1 cup shredded lettuce
1 cup cucumber, *diced*
1 cup tomatoes, *diced*
1/2 cup Kalamata olives, *halved and pitted*
1/3 cup feta cheese, *finely crumbled*

# Greek Pork Gyros

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **20 MINS** | **10 MINS** | **30 MINS** | **4** |

## Directions

1. Toss together pork, oil, vinegar, garlic, oregano, dill, salt and pepper. Place in bowl of air fryer. Cook on dual heat mode setting with air fryer in the tilt position for 8 to 10 minutes or until pork is golden brown and cooked through.
2. Spread tzatziki down along center of each pita, leaving border at top and bottom. Top with lettuce, pork, cucumber, tomatoes, olives and feta. Fold bottom pita over the filling, fold in sides and roll up. Wrap in foil or parchment paper if desired.

**Tips:** *Add hot pickled peppers or onions to the gyros or, for deluxe gyros, add air-fried French fries.*

*• Substitute chicken for pork if desired.*



## Ingredients

1 lb extra-lean ground beef
1/2 cup quinoa, *cooked*
1/4 cup onion, *grated*
1 egg, *beaten*
1/4 cup bread crumbs
1 tbsp Worcestershire sauce
1 tbsp tomato paste
2 cloves garlic, *minced*
1/2 tsp each salt and pepper
4 slices aged Cheddar cheese
2 tbsp mayonnaise
2 tbsp pickles, *diced*
4 tsp ketchup
4 tsp Dijon mustard
6 whole wheat burger buns, *toasted*
1 cup spinach
1 ripe avocado, *halved, pitted, peeled and sliced*
6 thick slices tomato
6 red onion rounds, *thinly sliced*

# Healthier Cheeseburgers

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **20** MINS | **30** MINS | **50** MINS | **6** |

## Directions

1. Mix together ground beef, quinoa, onion, egg, bread crumbs, Worcestershire sauce, tomato paste, garlic, salt and pepper. Divide into 6 portions and shape into 1/2-inch thick patties.
2. Insert roasting rack into air fryer. Lightly grease rack. Place burgers in air-fryer on rack. In two batches, cook on grill mode setting with air fryer in the level position, turning once, for 15 to 20 minutes or until cooked through and internal temperature reaches 165°F. Add cheese to each burger in the last minute of cooking.
3. Meanwhile, stir together mayonnaise, pickles, ketchup and mustard. Spread over bottom half of each bun. Top with spinach, avocado, cheeseburger, tomato and onion. Cap with top half of bun.

**Tip:** *Add prepared roasted red peppers to burgers if desired.*



## Ingredients

1 lb white-fleshed fish *(such as tilapia, haddock or cod)*
1/2 tsp each salt and pepper
1/2 tsp Old Bay seasoning
1/4 cup cornmeal
1 tbsp canola oil
8 corn tortillas
2 cups shredded lettuce
1 cup prepared green salsa
1/2 cup sour cream
2 jalapeño peppers, *thinly sliced*
Lime wedges, *for serving*

# Fish Tacos

GF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10 MINS** | **10 MINS** | **20 MINS** | **4** |

## Directions

1. Cut fish into 2-inch pieces. Season with salt, pepper and Old Bay seasoning. Toss with cornmeal until well coated.
2. Place in air-fryer bowl. Drizzle with oil. Cook on dual heat mode setting with air fryer in the level position for 10 to 15 minutes or until golden brown and cooked through.
3. Assemble fish in tortillas with shredded lettuce, green salsa, sour cream and jalapeños. Serve with lime wedges.

**Tip:** *Serve with a drizzle of sour cream or crumble of feta cheese if desired.*



## Ingredients

4 premium sweet Italian pork or turkey sausages *(lean or low-fat)*
1 onion, *thinly sliced*
1 red pepper, *thinly sliced*
1 yellow pepper, *thinly sliced*
1/4 cup fresh basil, *torn*
1 tbsp olive oil
1/4 tsp each salt and pepper
Pinch chili pepper flakes
4 hoagie or sub buns, *split*
3/4 cup fresh mozzarella cheese, *shredded*

# Italian Sausage Hero Sandwiches

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10 MINS** | **20 MINS** | **30 MINS** | **4** |

## Directions

1. Insert roasting rack into air-fryer. Lightly grease rack. Place sausages in air-fryer on rack. Cook on dual heat mode setting with air fryer in the level position for 15 to 18 minutes or until golden brown and cooked through. Carefully turn sausages halfway through cooking time. Remove sausages from air fryer. Carefully remove rack.
2. Toss together onion, red pepper, yellow pepper, basil, oil, salt, pepper and chili flakes. Add to bowl of air fryer. Cook on dual heat mode setting for 3 to 5 minutes with air fryer in the tilt position or just until tender.
3. Assemble sausages in buns. Top with mozzarella and onion mixture.

**Tip:** *Serve with a side of marinara sauce if desired.*



## Ingredients

1/2 lb prepared pizza dough

1/2 cup tomato sauce, *divided*

1 cup mozzarella cheese, *shredded*

2 tbsp fresh basil, *torn*

4 tsp olive oil

# Mini Margherita Panzerotti

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10 MINS** | **10 MINS** | **20 MINS** | **2** |

## Directions

1. Insert roasting rack into air fryer. Lightly grease rack.
2. Divide pizza dough into 2 portions. On lightly floured work surface, roll out each portion into 8-inch round, about 1/4-inch thick.
3. Evenly spread 1 tbsp of sauce over half of each portion; top with mozzarella and basil. Fold dough over filling; seal and crimp edges. Brush panzerotti with oil. Make 2 slits on top of each panzerotti to allow steam to release.
4. Place panzerotti in air fryer bowl. Cook on dual heat mode setting with air fryer in the level position for 10 to 12 minutes or until crust is golden brown and cheese is melted and bubbling. Warm remaining sauce; serve with panzerotti.

**Tip:** *Fill panzerotti with your favorite veggies if desired – try thinly sliced onions, peppers, zucchini or mushrooms.*



## Ingredients

1/4 cup lime juice
2 tbsp orange juice
3 tbsp olive oil, *divided*
3 cloves garlic, *minced*
1 tsp each dried oregano, ground cumin and chili powder
1/2 tsp each salt and pepper
1 lb boneless skinless chicken breasts, *cut into 1-inch pieces*
8 corn tortillas, *warmed*
1 cup prepared guacamole
1 cup canned black beans, *drained and rinsed*
1/2 cup feta cheese, *finely crumbled*
1/3 cup red onion, *diced*
Lime wedges, *for serving*

# Mojo Chicken Tacos

GF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **15 MINS** | **10 MINS** | **25 MINS** *+4 hours marinating time* | **4** |

## Directions

1. Stir together lime juice, orange juice, 2 tbsp oil, garlic, oregano, cumin, chili powder, salt and pepper; toss with chicken. Cover and refrigerate for at least 4 hours or up to overnight.
2. Remove chicken from marinade; discard marinade. Shake excess marinade from chicken; place chicken in air-fryer bowl. Drizzle with remaining oil. Cook on dual heat mode setting with air fryer in the tilt position for 10 to 15 minutes or until golden brown and cooked through.
3. Assemble chicken in tortillas with guacamole, black beans, feta and red onion. Serve with lime wedges.

**Tip:** *Use the chicken in salads, power bowls and sandwiches if desired.*



## Ingredients

**Crispy Chicken Tenders:**

1 1/2 cups panko bread crumbs
1/2 cup quick rolled oats
1/2 tsp each salt and pepper
1 lb chicken tenders
1/2 cup all-purpose flour
2 eggs, *lightly beaten*
1 tbsp safflower oil

**Honey Garlic Dipping Sauce:**

3/4 cup honey
1/4 cup brown sugar, *packed*
1/3 cup rice wine vinegar
2 tbsp soy sauce
1 tbsp sesame oil
3 cloves garlic, *minced*
1/2 tsp garlic powder
1 tbsp cornstarch

# Crispy Chicken Tenders with Honey Garlic Dipping Sauce (DF)

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **15** MINS | **15** MINS | **30** MINS | **4** |

## Directions

1. **Crispy Chicken Tenders:** In shallow dish, stir together panko, oats, salt and pepper. Toss chicken tenders in flour. One at a time, dip tenders in egg, then coat in panko mixture.
2. Place tenders in single layer in air-fryer bowl. Drizzle with oil. Cook on dual heat mode setting with air fryer in the level position for 15 to 20 minutes or until golden brown, crisp and cooked through. Carefully turn chicken halfway through cooking time.
3. **Honey Garlic Dipping Sauce:** Meanwhile, combine honey, brown sugar, rice wine vinegar, soy sauce, sesame oil, garlic and garlic powder in small saucepan; bring to boil. Stir 1/4 cup water with cornstarch until smooth; whisk into sauce. Cook, stirring, for about 1 minute or until sauce thickens.
4. Serve chicken tenders with dipping sauce.

**Tip:** *Alternatively, serve tenders with your favorite barbecue or sweet and sour sauce.*



## Ingredients

**Tandoori Chicken:**

3 tbsp Greek yogurt
3 tbsp prepared tandoori paste
1 tbsp lemon juice
1 tsp honey
1/4 tsp each salt and pepper
2 boneless skinless chicken breasts *(5 to 6 oz each)*
1 tbsp canola oil
2 mini naan breads

**Yogurt-Cucumber Sauce:**

1/2 cup Greek yogurt
1/2 cup cucumber, *diced*
1 tbsp fresh mint, *finely chopped*
1 tbsp lemon juice
1/4 tsp each salt and pepper
1/4 tsp each ground cumin and coriander

# Tandoori Chicken

GF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **20 MINS** | **25 MINS** | **45 MINS** *+4 hours marinating time* | **2** |

## Directions

1. Tandoori Chicken: Stir together yogurt, tandoori paste, lemon juice, honey, salt and pepper; toss with chicken. Cover and refrigerate for at least 4 hours or up to overnight.
2. Insert roasting rack into air fryer. Lightly grease rack. Place chicken in air-fryer on rack. Drizzle with oil. Cook on dual heat mode setting with air fryer in the level position for 20 to 25 minutes or until golden and cooked through. Carefully turn chicken halfway through cooking time. Remove chicken.
3. Add naan breads to air fryer. Cook on dual heat mode setting with air fryer in the level position for 3 to 5 minutes or until warm and toasted.
4. Yogurt-Cucumber Sauce: Meanwhile, stir together yogurt, cucumber, mint, lemon juice, salt, pepper, cumin and coriander.
5. Serve chicken with sauce and naan.

**Tip:** *Substitute cilantro or parsley for mint if desired.*



## Ingredients

1 cup bread crumbs
1/4 cup Parmesan cheese, *grated*
1 tsp Italian seasoning
1/4 tsp each salt and pepper
1 lb chicken tenders
1/3 cup all-purpose flour
1 egg, *lightly beaten*
1 tbsp olive oil
1/2 cup prepared marinara sauce
1/2 cup mozzarella cheese, *shredded*
2 tbsp fresh basil, *torn*

# Chicken Parmesan Strips with Marinara Sauce

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **15 MINS** | **20 MINS** | **35 MINS** | **4** |

## Directions

1. In shallow dish, stir together bread crumbs, Parmesan, Italian seasoning, salt and pepper. Toss chicken tenders in flour. One at a time, dip tenders in egg, then coat in bread crumb mixture.
2. Place tenders in air-fryer bowl. Drizzle with oil. Cook on dual heat mode setting with air fryer in the level position for 15 to 20 minutes or until golden brown, crisp and cooked through. Carefully turn chicken halfway through cooking time.
3. Stir together marinara sauce, mozzarella and basil. Spoon over chicken. Cook on dual heat mode setting with air fryer in the level position for 2 to 3 minutes or until cheese melts.

**Tip:** *Serve with additional warmed marinara sauce for dipping.*



## Ingredients

3 tbsp oyster sauce
3 tbsp sodium-reduced soy sauce
1 1/2 tbsp honey
1 1/2 tbsp rice wine vinegar
2 tsp sesame oil
2 cloves garlic, *minced*
1 tsp fresh ginger, *minced*
1 lb beef sirloin, *thinly sliced*
1 1/2 tbsp cornstarch
1 tsp pepper
1/2 tsp salt
1 tbsp vegetable oil
1 head broccoli, *cut into florets (4 cups)*
2 cups rice, *steamed for serving*
1 tbsp sesame seeds, *toasted*

# Beef and Broccoli

GF DF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10** MINS | **25** MINS | **35** MINS | **4** |

## Directions

1. Stir together oyster sauce, soy sauce, honey, rice wine vinegar, sesame oil, garlic and ginger; set aside. Toss together beef, cornstarch, pepper and salt.
2. Place beef in bowl of air-fryer. Drizzle with vegetable oil. Cook on dual heat mode setting with air fryer in the tilt position for 10 minutes. Add broccoli; cook for 10 minutes. Add soy sauce mixture. Place air-fryer in the level position. Cook for 3 to 5 minutes or until sauce thickens and broccoli is tender-crisp.
3. Serve beef and broccoli over rice. Sprinkle with sesame seeds.

**Tip:** *Alternatively, serve over rice noodles or soba noodles instead of rice.*



## Ingredients

1 tsp chili powder
1 tsp paprika
1 tsp pepper
1 tsp brown sugar
1 tsp salt
1/4 tsp garlic powder
1/4 tsp each ground cumin and coriander
1/4 tsp dried thyme
1/4 tsp cayenne pepper
1/4 tsp celery seeds
1/4 tsp mustard powder
1 rack baby back ribs, *cut into 1-rib pieces*

# Memphis Ribs

GF DF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10 MINS** | **25 MINS** | **35 MINS** *+30 mins standing time* | **2** |

## Directions

1. Stir together chili powder, paprika, pepper, brown sugar, salt, garlic, cumin, coriander, thyme, cayenne, celery seeds and mustard powder; toss with ribs. Let stand for 30 minutes.
2. Place ribs in bowl of air fryer. Cook on dual heat mode setting with air fryer in the level position for 25 to 30 minutes or until golden brown and tender. Carefully turn ribs halfway through cooking time.

**Tip:** *Serve with your favorite barbecue sauce for dipping.*
*• For less-spicy ribs, reduce cayenne pepper to a pinch or omit entirely.*



## Ingredients

1 pork tenderloin *(about 1 lb)*
1 tbsp olive oil
1/4 tsp each salt and pepper
8 slices prosciutto
8 large fresh sage leaves, *torn*
1/4 cup Parmesan cheese, *freshly grated*
Lemon wedges, *for serving*

# Pork Saltimbocca

GF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **20** MINS | **35** MINS | **55** MINS | **4** |

## Directions

1. Cut pork tenderloin into 8 medallions, each about 1 1/2-inch thick. Season with oil, salt and pepper. Fold 1 slice of prosciutto lengthwise and top with torn sage leaf; wrap around medallion and secure with toothpick. Repeat with remaining medallions.
2. Insert roasting rack into air-fryer. Lightly grease rack. Place prosciutto-wrapped pork in air-fryer on rack. Cook on dual heat mode setting with air fryer in the level position for 10 to 15 minutes or until prosciutto is crispy and internal temperature of pork reaches 160°F. Carefully turn pork medallions halfway through cooking time.
3. Let pork medallions stand for a few minutes. Remove toothpicks. Sprinkle with Parmesan and serve with lemon wedges.

**Tip:** *Alternatively, serve with warm marinara sauce.*



## Ingredients

**Applesauce:**

2 Honeycrisp apples, *peeled, cored and sliced*

4 tsp brown sugar

1/4 tsp ground cinnamon

**Spiced Pork Chops:**

1 tsp cracked peppercorns

1 tsp triple crunch mustard

1/4 tsp each salt, ground coriander and cumin

Pinch each smoked paprika and brown sugar

1 tbsp olive oil

2 bone-in pork chops *(each about 3/4-inch thick)*

# Spiced Pork Chops and Applesauce

DF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10** MINS | **20** MINS | **30** MINS | **2** |

## Directions

1. **Applesauce:** Mix apples, brown sugar and cinnamon in bowl of air-fryer. Cook on dual heat mode setting with air fryer in the tilt position for 8 to 10 minutes or until tender. Let cool slightly.
2. In blender, purée air-fried apples with 2 tbsp water until smooth. Let cool completely.
3. **Spiced Pork Chops:** Stir together peppercorns, mustard, salt, coriander, cumin, smoked paprika and brown sugar. Rub oil and peppercorn mixture over pork chops.
4. Insert roasting rack into air fryer. Lightly grease rack. Place pork chops in air-fryer on rack. Cook on dual heat mode setting with air fryer in the level position for 10 to 12 minutes or until just cooked through and internal temperature reaches 160°F. Carefully turn pork chops halfway through cooking time. Let stand for 5 minutes. Serve with applesauce.

**Tip:** *Substitute pears for apples if desired.*



## Ingredients

1 lb extra-lean ground beef
1 cup canned black beans, *drained, rinsed and puréed*
1/2 cup barbecue sauce, *divided*
1/4 cup quick-cooking oats
1/4 cup bread crumbs
1/4 cup Parmesan cheese
1/3 cup onion, *grated*
1 stalk celery, *finely diced*
3 eggs
2 tbsp tomato paste
1 tbsp Worcestershire sauce
1 tbsp olive oil
2 cloves garlic, *minced*
1 tsp chili powder
1/2 tsp each salt and pepper

# Beef and Bean Meatloaf

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10 MINS** | **30 MINS** | **40 MINS** *+15 mins standing time* | **4** |

## Directions

1. Insert the roasting rack into air fryer. Lightly grease rack.
2. Mix together ground beef, beans, 1/4 cup barbecue sauce, oats, bread crumbs, Parmesan, onion, celery, eggs, tomato paste, Worcestershire sauce, olive oil, garlic, chili powder, salt and pepper. Shape into 4 1/2 x 8-inch loaf.
3. Place loaf in air-fryer on rack. Cook on dual heat mode setting with air fryer in the level position for 30 to 40 minutes or until cooked through and internal temperature reaches 165°F. Brush meatloaf with remaining barbecue sauce in the last 5 minutes of cooking.
4. Let stand for 15 minutes before slicing.

**Tip:** *Substitute lean ground turkey or pork for beef if desired.*



## Ingredients

**Meatballs:**

1 lb extra-lean ground beef
1/3 cup panko bread crumbs
1 egg, *beaten*
2 cloves garlic, *minced*
2 tbsp Korean chili paste
4 tsp reduced-sodium soy sauce
4 tsp brown sugar
1 tbsp fresh ginger, *minced*
1 tbsp sesame oil
1 tbsp rice wine vinegar
1/4 tsp each salt and pepper

**Rice bowl:**

2 bunches bok choy, *quartered*
2 tsp sesame oil
2 cups steamed rice
1 ripe avocado, *halved, peeled, pitted and sliced*
1 cup matchstick carrots
4 radishes, *thinly sliced*
4 green onions, *thinly sliced*
2 tbsp sesame seeds, *toasted*

# Korean Meatballs

DF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **15 MINS** | **20 MINS** | **35 MINS** | **4** |

## Directions

1. **Meatballs:** Mix together ground beef, bread crumbs, egg, garlic, chili paste, soy sauce, brown sugar, ginger, sesame oil, vinegar, salt and pepper. Roll and shape tablespoonfuls into meatballs.
2. Place in bowl of air fryer. Cook on dual heat mode setting with air fryer in the level position for 10 to 15 minutes or until cooked through. Turn once during cooking time.
3. **Rice Bowl:** Place bok choy in bowl of air fryer. Drizzle with sesame oil. Cook on dual heat mode setting with air fryer in the tilt position for about 5 minutes or until tender-crisp.
4. Divide rice among 4 bowls. Top with meatballs, bok choy, avocado, carrots and radishes. Sprinkle with green onions and sesame seeds.

**Tip:** *Serve rice bowl with additional soy sauce, chili paste or kimchi if desired.*



## Ingredients

**Steak:**

2 strip loin steaks *(6 to 8 oz each, about 1-inch thick)*
4 tsp mixed peppercorns, *crushed*
1/2 tsp salt

**Air-Fried Mushrooms:**

1/2 lb cremini mushrooms, *sliced*
1 tbsp Worcestershire sauce
1 tbsp olive oil
1 clove garlic, *minced*
2 tsp fresh thyme, *finely chopped*
1/4 tsp each salt and pepper
1 tbsp chives, *finely chopped*

# Peppercorn Strip Loin Steaks

GF DF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10** MINS | **20** MINS | **30** MINS | **4** |

## Directions

1. **Steak:** Pat steak dry with paper towel. Season with peppercorns and salt.
2. Insert roasting rack into air fryer. Lightly grease rack. Place steaks in air fryer on rack. Cook on grill mode setting with air fryer in the level position, carefully turning halfway through, for 10 to 12 minutes for medium-rare or until cooked as desired. Remove steak; let stand for 10 minutes before serving.
3. **Air-Fried Mushrooms:** Meanwhile, toss together mushrooms, Worcestershire sauce, oil, garlic, thyme, salt and pepper. Place in bowl of air-fryer. Cook on dual heat mode setting with air fryer in the tilt position for 8 to 10 minutes or until tender. Sprinkle with chives before serving.
4. Serve steak with mushrooms.

**Tip:** *If steaks are large, slice before serving.*



# Fish and Chips

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **20** MINS | **35** MINS | **55** MINS | **4** |

## Ingredients

**Fish and Chips:**

1/4 cup plain yogurt
4 tsp Dijon mustard
1 cup bread crumbs
3/4 tsp each salt and pepper, *divided*
1/4 tsp each garlic powder and paprika
2 tbsp olive oil, *divided*
1 lb white-fleshed fish *(such as tilapia, haddock or cod)*
2 lb Russet potatoes, *cut into 1/2-inch thick French fries*

**Yogurt Tartar Sauce:**

1/2 cup plain 2% yogurt
2 tbsp lemon juice
1 tbsp Dijon mustard
2 green onions, *thinly sliced*
2 tbsp fresh parsley, *finely chopped*
1 tbsp fresh dill, *finely chopped*
3 mini gherkins, *finely chopped*
1 tbsp finely chopped capers
1 clove garlic, *minced*
1/4 tsp each salt and pepper
Lemon wedges, *for serving*

## Directions

1. **Fish and Chips:** In shallow bowl, stir together yogurt and mustard. In separate shallow bowl, stir together bread crumbs, 1/2 tsp each salt and pepper, garlic powder and paprika; toss with 1 tbsp olive oil until evenly combined.
2. Cut fish into 3-inch fillets. Lightly coat each fillet with yogurt mixture, then dredge in bread crumb mixture. Place in bowl of air fryer. Cook on dual heat mode setting with air fryer in the level position for 12 to 15 minutes or until golden brown and fish just starts to flake. Cover and set aside to keep warm.
3. Toss potatoes with remaining oil, salt and pepper. Place in air fryer bowl. Cook on dual heat mode setting with air fryer in the tilt position for 20 to 25 minutes or until golden brown and tender.
4. **Yogurt Tartar Sauce:** Meanwhile, stir together yogurt, lemon juice, mustard, green onions, parsley, dill, gherkins, capers, garlic, salt and pepper.
5. Serve fish and chips with tartar sauce and lemon wedges.

**Tip:** *Substitute low-fat mayonnaise for yogurt if desired.*



## Ingredients

- 2 tbsp miso paste
- 2 tbsp maple syrup
- 2 tbsp soy sauce
- 1 tsp sesame oil
- 1/4 tsp each salt and pepper
- 4 skinless salmon fillets *(4 to 5 oz each)*
- 2 green onions, *thinly sliced*
- 1 tbsp sesame seeds, *toasted*

# Maple Miso Salmon

GF DF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10** MINS | **15** MINS | **25** MINS *+1 hour chilling time* | **4** |

## Directions

1. Stir together miso paste, maple syrup, soy sauce, sesame oil, salt and pepper; toss with salmon. Cover and refrigerate for 1 hour. Insert the roasting rack into air fryer. Lightly grease rack.
2. Place salmon in air-fryer on rack. Cook on dual heat mode setting for 12 to 15 minutes with air fryer in the level position or until fish just starts to flake.
3. Sprinkle salmon with green onions and sesame seeds before serving.

**Tip:** *For milder flavor, use white or yellow miso and for stronger flavor, use red miso.*



## Ingredients

1 lb Brussels sprouts, *trimmed and halved, if large*
2 tbsp balsamic vinegar
2 tsp honey
2 tsp Worcestershire sauce
1/4 tsp each salt and pepper
1/4 cup pancetta, *diced*
1/4 cup Parmesan cheese
2 tbsp chives, *finely chopped*

# Brussels Sprouts

V GF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **20 MINS** | **10 MINS** | **30 MINS** | **4** |

## Directions

1. Toss together Brussels sprouts, vinegar, honey, Worcestershire, salt and pepper until well coated; toss with pancetta.
2. Place in air-fryer bowl. Cook on dual heat mode setting for 10 to 15 minutes with air fryer in the level position or until golden brown and tender. Toss with Parmesan and chives.

**Tip:** *Substitute maple syrup for honey if desired.*



## Ingredients

1/2 lb asparagus, *trimmed*
1 tbsp olive oil
Pinch each salt and pepper
8 slices prosciutto
4 tsp balsamic glaze
1/4 cup goat cheese, *finely crumbled*

# Prosciutto-Wrapped Asparagus Bundles

GF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10** MINS | **10** MINS | **20** MINS | **4** |

## Directions

1. Insert roasting rack in air fryer. Lightly grease rack.
2. Toss together asparagus, oil, salt and pepper. Divide asparagus into 4 portions. Wrap 2 pieces of prosciutto tightly around each bundle. Place asparagus bundles on rack. Cook on dual heat mode setting with air fryer in the level position for 10 to 12 minutes or until prosciutto is crispy and asparagus is tender.
3. Place asparagus bundles on serving plates. Drizzle with balsamic glaze and sprinkle with goat cheese.

**Tip:** *Substitute shaved Parmesan cheese for goat cheese if desired.*



# Ratatouille

V GF DF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| 15 MINS | 20 MINS | 35 MINS | 4 |

## Ingredients

1 baby eggplant, *chopped (about 2 cups)*
1 zucchini, *chopped*
1 red pepper, *chopped*
1 yellow pepper, *chopped*
1 small red onion, *chopped*
1 clove garlic, *minced*
2 tbsp olive oil, *divided*
1 tsp dried oregano
3/4 tsp each salt and pepper
Pinch chili pepper flakes
1 cup grape tomatoes, *halved*
2 tbsp fresh basil, *finely chopped*

## Directions

1. Toss together eggplant, zucchini, red pepper, yellow pepper, onion, garlic, 1 tbsp oil, oregano, salt, pepper and chili flakes.
2. Place vegetables in air-fryer bowl. Cook on dual heat mode setting with air fryer in the tilt position for 18 to 20 minutes or until tender.
3. Toss with grape tomatoes, basil and remaining oil.

**Tip:** *Use ratatouille as a side dish, or add to pastas, salads or sandwiches.*



## Ingredients

**Root Veggies:**

1 Yukon Gold potato
1 small sweet potato
1 carrot
1 parsnip
1 tbsp olive oil
1 tbsp fresh thyme, *finely chopped*
1/2 tsp each salt and pepper

**Tahini Ranch Dressing:**

2 tbsp tahini paste
2 tbsp lemon juice
1/3 cup yogurt
1 clove garlic, *minced*
2 tbsp fresh parsley, *finely chopped*
1 tbsp fresh dill and chives, *finely chopped*
1/2 tsp salt

# Root Veggies

V GF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10** MINS | **20** MINS | **30** MINS | **2** |

## Directions

1. Air-Fried Root Veggies: Cut potato, sweet potato, carrot and parsnip into 3 x 1/2 x 1/2-inch thick French fries. Toss with oil, thyme, salt and pepper.
2. Place in air-fryer bowl. Cook on dual heat mode setting with air fryer in the tilt position for 20 to 25 minutes or until golden brown and tender.
3. Tahini Ranch Dressing: Whisk together tahini, lemon juice and 2 tbsp water until smooth. Whisk in yogurt, garlic, parsley, dill, chives and salt.
4. Serve root veggies with dressing for dipping.

**Tip:** *You can also use turnip, rutabaga and celery root for root veggies if desired.*



## Ingredients

2 baking potatoes
1 tbsp vegetable oil
4 cups spinach
1/2 cup prepared artichoke hearts (packed in water), *chopped*
2 tbsp sun-dried tomatoes, *finely chopped*
1 tbsp lemon juice
1 tbsp olive oil
1 clove garlic, *minced*
1/4 tsp dried oregano
1/2 cup yogurt
1/3 cup feta cheese, *finely crumbled*
2 tbsp chives, *finely chopped*

# Mediterranean Loaded Potatoes (V) (GF)

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10 MINS** | **45 MINS** | **55 MINS** *+10 mins cooling time* | **4** |

## Directions

1. Prick potatoes all over; rub with vegetable oil to coat. Place in bowl of air fryer. Cook on dual heat mode setting with air fryer in the level position for 40 to 50 minutes or until potatoes are fork- tender.
2. Let cool for 10 minutes. Meanwhile, in large bowl, stir together spinach, artichokes, sun-dried tomatoes, lemon juice, olive oil, garlic and oregano. Place in bowl of air fryer. Cook on dual heat mode setting with air fryer in tilt position for 3 to 5 minutes or until wilted.
3. Carefully slice each potato in half lengthwise. Spoon spinach mixture evenly over each potato. Top with dollop of yogurt and sprinkle of feta. Garnish with chives.

**Tip:** *Substitute sweet potatoes for potatoes if desired.*



## Ingredients

2 cobs corn, *husks and silk removed*
1 tbsp olive oil
1/4 tsp each salt, pepper and brown sugar
1/4 tsp each chili powder and ground cumin
Pinch cayenne pepper
1/4 cup plain Greek yogurt
1 tsp lime zest
1 tbsp lime juice
2 tbsp feta cheese, *finely crumbled*
1 tbsp cilantro, *finely chopped*
Lime wedges, *for serving*

# Mexican Corn

V GF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **10** MINS | **20** MINS | **30** MINS | **2** |

## Directions

1. Insert roasting rack into air fryer. Halve corn cobs. Combine oil, salt, pepper, brown sugar, chili powder, cumin and cayenne; brush all over corn.
2. Place corn on rack in air-fryer. Cook on grill mode setting with air fryer in the level position for 18 to 20 minutes or until golden and tender.
3. Meanwhile, stir together yogurt, lime zest and lime juice; spread over corn. Sprinkle with feta and cilantro. Serve with lime wedges.

**Tip:** *Sprinkle with finely diced fresh or pickled jalapeño pepper if desired.*



## Ingredients

1/4 cup butter, *cubed*
1/4 tsp salt
1/2 cup all-purpose flour
2 eggs
1 tbsp vegetable oil
1/2 cup dark chocolate, *finely chopped*
1/2 cup 35% heavy cream
2 tbsp maple syrup
1/4 cup granulated sugar
1 tsp ground cinnamon

**Tip:** *Spike chocolate sauce with rum, bourbon or whiskey if desired.*

# Cinnamon Sugar Churros with Dark Chocolate Dipping Sauce

(V)

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **15** MINS | **35** MINS | **50** MINS | **4** |

## Directions

1. In saucepan set over medium-high heat, bring 1/2 cup water, butter and salt to boil. Remove saucepan from heat. Using wooden spoon, stir in flour. Return saucepan to medium heat; cook, stirring constantly, for 2 to 4 minutes or until mixture forms a ball and coats the pan with thin film. Remove from heat; stir for about 5 minutes or until cooled slightly.
2. Beat in eggs, one at a time, beating well after each addition until pastry dough is shiny and smooth.
3. Spoon batter into piping bag fitted with large star tip. Using 3-inch ring mold, trace 4 rounds onto each of 2 pieces of parchment paper. Grease parchment paper; pipe pastry dough into rounds. Cut each ring into separate squares; invert into greased bowl of air fryer, peeling parchment paper away from each churro. Drizzle oil over top. In two batches, cook on dual heat mode setting with air fryer in the level position for 12 to 15 minutes or until golden brown.
4. Meanwhile, place chocolate in heatproof bowl. In small saucepan set over medium heat, heat cream until just starting to simmer; pour over chocolate. Let stand for 1 minute; whisk until smooth. Sir in maple syrup.
5. Stir together sugar and cinnamon. Dust churros in cinnamon sugar and serve with chocolate sauce for dipping.



## Ingredients

1/2 cup almond flour
1/4 cup cocoa powder *(approx.)*
1/4 tsp baking powder
1/4 tsp salt
1 1/2 oz unsweetened baker's chocolate, *finely chopped*
1/4 cup unsalted butter
1/2 cup granulated sugar
1 egg
1 egg yolk
1/2 tsp vanilla extract

# Fudgy Gluten-Free Brownies

V GF

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **20** MINS | **35** MINS | **55** MINS | **4** |

## Directions

1. Sift together almond flour, cocoa powder, baking powder and salt; set aside.
2. In heatproof bowl set over saucepan of barely simmering water, melt chopped chocolate and butter, stirring occasionally. Remove from heat. Stir in sugar; let cool slightly.
3. Stir in egg and egg yolk until well combined. Stir in vanilla. Fold in almond flour mixture until combined.
4. Scrape into 6 silicone square baking cups. Place in bowl of air fryer. Cook on dual heat mode setting with air fryer in the level position for 10 to 15 minutes or until only a few moist crumbs adhere to toothpick when inserted into center of brownie.
5. Let cool completely in pan on rack. Cover and refrigerate until firm. Dust with cocoa powder before serving.

**Tip:** *Fold 1/4 cup finely chopped almonds, walnuts or pecans into batter if desired.*



## Ingredients

1/2 cup mixed berries, *chopped*

1/2 cup berry jam

1 pkg (14 oz) refrigerator rolled pie pastry

1 egg

1/2 cup icing sugar

1 tbsp milk

# Triple Berry Turnovers

(V)

| PREP TIME | COOK TIME | TOTAL TIME | SERVES |
|---|---|---|---|
| **15 MINS** | **25 MINS** | **40 MINS** *+10 mins standing time* | **6** |

## Directions

1. Stir together berries and jam. Let stand for 10 minutes. On lightly floured surface, roll out pie pastry; using 5-inch ring mold or round cookie cutter, cut out 6 rounds.
2. Whisk egg with 2 tsp water; brush over one-half of the edges of pastry rounds.
3. Spread 1 tbsp berry jam over egg-washed half of pastry rounds, leaving border; fold remaining pastry over jam and press edges firmly with fork to seal. Pierce top of tarts with fork to make steam vents. Warm up remaining berry jam.
4. Brush top of tarts with remaining egg wash. In two batches, place tarts in bowl of air-fryer. Cook on dual heat mode setting with air fryer in the level position for 12 to 15 minutes or until golden and flaky. Let cool completely.
5. Stir icing sugar with milk until smooth. Drizzle turnovers with icing and top with remaining berry jam.

**Tip:** *Vary fruit and jam as desired. Try peaches and peach jam, apples and apple butter or cherries and cherry jam.*