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Ninja air fryer healthy recipes

When you're thinking about frying something, the term healthy probably doesn't come to mind. However, with the air fryer, you can make a lot of delicious dishes for a fraction of the calories! The air fryer is like a small backup oven that cooks your food faster and uses less oil than the usual deep fryer. If you're ready to eat healthier with an air fryer, move down! Useful Air Fryer Resources and Tips: In addition to the 20+ Healthy Air Fryer recipes below, I've adapted 10 healthier recipes to work in the air fryer! Watch that video on YouTube right here: Tender chicken is my favorite! You will love this super tasty, easy and healthy option for frying homemade chicken! Your kids will think this is AMAZING too! And you'll love the minimum amount of oil used to crisp them right in your air fryer! 2. Easy Air Fryer Asparagus is one of the most delicious recipes to whip up in your air fryer! It's a quick and healthy side that pairs nicely with almost any dish! 3. Healthy and fast air fryer Zucchini Zucchini fries in the air fryer are easy, fast and delicious! 4. Savory Air Fryer Beautiful roasted carrot carrots from the air fryer are a hearty side when you cook them with this salty blend! 5. Air Fryer Brussels Sprouts with Bacon Now I know that there is a whole thing of people against brussels sprouts... but have you tried the brussels sprouts air fryer? Good!!!! You'll never eat Brussels sprouts any other way again! 6. Homemade Air Fryer French fries are the miniature image of fried food. And now I do not have to worry at all while I eat these things made from top air fries! 7. Korean Air Fried Cauliflower This Korean Fried Cauliflower is AMAZING. The result is: completely soft and soft, with a slightly crispy exterior due to the air fryer tempura powder. You've got to try this! 8. Salmon in air fryer Can air fried salmon is simply the best thing ever. The air fryer will be your kitchen tool when you have tried salmon in the air fryer! And it's incredibly simple to whip up! 9. Air fried chicken thighs We like to use these chicken thighs as salad dumplings, in street tacos, or eat as they are! 10. Air Fryer Margherita Pizza Air Fryer pizza is a snack, lunch or dinner fun and fast! Use extremely fresh ingredients for the perfect air fryer pizza! 11. Air Fryer Corn on Cob Air-fried corn on corn is a classic. How about we try a healthy option with an air fryer that will definitely be your next favorite thing ever. Get the full formula on Fruga! 12. Healthy and easy grilled potato fryer! The roast potato fryer turns out to be beautiful and crispy on the outside with a smooth, soft inside. They're amazing and I'll never make baked potatoes again! 13. Air Fryer Donuts Ok, ok.... donuts are not the healthiest choice, however, you make homemade doughnuts in an air fryer (from scratch) instead of deep-frying, they are much healthier. PLUS your kitchen won't stink and this recipe is great! 14. Vegan Cheesy Potato Wedges V Nutrition offers some air fryers, crispy, healthy, cheesy, and vegan potato wedges that are 100% sin free! Thank you! 15. Coconut shrimp It is common knowledge that coconut is the best thing ever, so coconut and shrimp? Yes, please. And cook in an air fryer? Couldn't be better than this! Thank you The Holy Mess! 16. Healthier General Tso's Chicken Recipe in the Air Fryer Tanya over at Forking Life has perfected general tso healthy chicken! 17. Healthy Zucchini corn doughnuts You will be surprised at how well the great taste works together! You will also love this recipe because it is very simple, but very flavored. Check out the Air Fryer Fritters! 18. Chicken popcorn Another favorite fried chicken dish is popcorn! Strength and Sunshine now gives us a healthy option thanks to this delicious and easy air fryer recipe! 19. Grilled French Coconut Toast As I said, coconut is the best, and so is French toast. But have you ever tried the French air toast fryer with coconut!? Good! Thank you Power and Sunshine! 20. Zucchini Enchiladas A wonderfully rich zucchini, air fryer recipe will make your mouth water, heart melt, and stomach very, very full! Thank you Awe Filled Homemaker! 21. 3 Cinnamon Rolls Ingredients Cinnamon Rolls are simple and easily made from scratch and whipped in less than 15 minutes in an air fryer. This is a quick little treat and it is easy to control the part because they are small! 22. Southwest Tortilla Crusted Tilapia Salad (Air Fryer Recipe) This salad combines all the right flavors and is definitely worth a peek! Thank you for the fresh, The Creative Bite! 23. Air Fryer Pork Chops It's the perfect guide to Air Fryer Pork Chops! And you can literally have those ready in 15 minutes! 24. Air Fryer Fried Pickles OK, fried pickles are pretty amazing... but have you tried air fried pickles? Thanks for the domestic superhero! I LOVE my Cosori gas fryer! What kind of a man do you have? It has become a permanent fix on my kitchen counter because we use it almost every day one way or another! Final thoughts Now you know that there are many possibilities when it comes to cooking with an air fryer! I hope you enjoy these healthy air fryer recipes! Let us know what you're excited to try and if you have any other air fryer recipes that you love, be sure to share it with us in the comments below! Are you looking for another way to eat fried foods? Then you've come to the right place! Today, we will make Number of healthy air fryer recipes! Even if the month of awareness of blood pressure has passed, we should still discuss fried foods. It's an important thing high blood pressure and hypertension - that's why we have to take it very seriously. Fried foods with high content of saturated fats and simple carbs will not be good and push you beyond your health and fitness goals. So today, we're going to burn some healthy air fryer recipes! Frying air can reduce calories by more than 60% and even reduce cooking time by 20%. And for that, I'll show you four healthy fried air recipes that you'll love! German pancakes It's a quick batter recipe that you can beat up every morning. You can store excess flour on your fridge and cook it the next morning. Air-Fried Popcorn You won't need the big and oily bags of the store that buy popcorn! Just spray the kernels with coconut oil or butter then put them in an air fryer. Fried Patatas Bravas A delicious dish you can enjoy the taste of Spanish! The best way to make potatoes in an air fryer! Cream inside while having a sharp texture and peeling outside. You can also prepare air fryer chicken and Brussel sprouts out of this! Air-Fried Guacamole Balls A truly healthy avocado dish! I guarantee this will be a favorite in your gatherings! And, if you're in the market looking for an air fryer, I've got you covered! Check out my Philips Air Fryer Review! That's the one I'm using for this video series! Trust me, it's worth it and has passed the test of time for its durability and functionality! Now sit back, relax, and watch the whole video! Happy eating! I've been using Ninja Foodi every day for over a year now, and I still love it just like the first day. Having the ability to pressure cooking, slow cooking, frying the air and more all with a piece of equipment is excellent. I've created nearly 100 Ninja Foodi recipes at the moment, and I'm confident I can replace my entire kitchen without missing out on too many things. But I guess you already know all this if you're reading this recipe roundup. So let's down to business! The recipe list is divided into two parts- Ninja Foodi air fryer recipes and Ninja Foodi pressure cooker recipes. The following will be more of your protein like pulled pork and crispy carnitas, while the former will have things like cheesy garlic bread and crispy sweet potato chips. Excitement? I'm doing it. Ninja Foodi Air Fryer Recipes The following recipes mainly use crisp air or air fryer function on Foodi. I use the 6.5-quart 301 model. I always want to mention that different units/sizes may require slight modifications to cooking time. And as a final note, you'll find a full formula graphic with each formula in the list. If you have a ask about any recipes, I've linked the original post right on each recipe graphic where you'll find pictures of each step and video recipe for most. 1. Use egg breakfast pizza and bacon cheese Ninja Foodi air sharp functions to make a fluffy, crispy crust pizza biscuit and top it with eggs, bacon, and cheese or your choice of toe to the surface. Full post: Ninja Foodi Breakfast Pizza 2. Apple Fritter Crispy on the outside, light and fluffy on the inside - this healthier spin on the classic apple fritter is terribly close to the real deal with a fraction of the fat and calorie content. Full post: Ninja Foodi Apple Fritter 3. Torchy's Brushfire Tacos (Jerk Chicken + Jalapeño) Now you can have Torchy's Tacos at home with this copycat recipe for their Brushfire taco. It's a healthy spin that pairs jamaican air fryer jerk chicken and jalapeños with diced mango, fat free Greek yogurt, and coriander on flour tortillas. Full post: Torchy's Brushfire Tacos Copycat 4. Copycat Five Guys Cajun Fries A simple, healthy copycat recipe for cajun fries from Five Guys uses the crisp air function on Ninja Foodi. Full post: Five Guys Cajun Fries PS If you love potatoes, check out my Air Fries Guide for 12 ways to make potatoes in Ninja Foodi. 5. My favorite Ninja Foodi sweet potato hasn't made sweet potato fries in your Ninja Foodi yet? You're messing up! Fix that with this simple recipe for crispy cajun sweet potatoes. Do not soak before or any of them. Just cut and fry. Full post: Cajun Sweet Potato Fries PS I also have a selection of spicy sweet potato fries that have excellent sweet chilli lemon sauce. 6. Balsamic mustard chicken thighs If you hate handling raw chicken, you will dig this simple recipe for air fried chicken thighs. Just toss the boneless chicken thighs in a dish with a simple marinade, chill for several hours, then throw them in the air fryer for about 15 minutes. And booming, juicy and tender chicken is packed with a lot of flavor. Full post: Balsamic Mustard Ninja Foodi Chicken Thighs 7. Domino's Bread Twists Copycat Recipe If you're a fan of Domino's bread twists, you'll love this healthy copycat recipe. You can make them in an air fryer in less than 30 minutes or bake them in the oven for a great snack or appetus. Full post: Domino's Bread Twists Copycat Recipe PS I also have a copycat recipe for Twisted Cinnamon Bread Domino's in Foodi. 8. Air Fryer Buffalo Tuna Cakes You will love these quick and easy buffalo tuna cakes. They are cheesy, crispy, and packed with flavor. And each person has 17 grams of protein with only 11 grams of carbs, 170 calories and 4 WW SmartPoints! Full post: Air Fryer Buffalo Tuna Cakes 9. Nashville Hot Air Fried Chicken Shrimp A simple recipe for hot and spicy air fried chicken shrimp has 25 grams of protein and 0 grams of carbs per serving. Great on salads, wraps, as an appetus with dip, or with some fries from this list. Full post: Air Fryer Chicken Nuggets 10. Cheesy Garlic Bread If You Love Cheese At your local pizzeria, you must try this simple recipe for air fried cheese bread. It has the same crunchy crust, light and smooth interior, and melted cheese on top with a fraction of fat and calories! Full post: Cheesy Garlic Air Fryer Bread 11. Carrot Fries Parmesan Garlic With half a calorie sweet potato, carrots are perfect for low-calorie fries. This recipe makes for extra crispy air fried fries topped in garlic-instilled olive oil and a blend of parmesan and crushed peppers. Full post: Air Fryer Carrot Fries 12. Sweet Chili Chicken and Brussels Sprouts This is one of my favorite Ninja Foodi recipes and a great recipe for pre-prepared meals or busy weeknights. You can have a high protein, low carb dinner that's loaded with flavored spices on the table in less than 30 minutes! Full Post: Air Fryer Chicken Breast and Brussels Sprouts Ninja Foodi

Pressure Cooker Recipes From here on out, the recipes use a combination of pressure cooker, slow cooker, and can be functional broil on Foodi. A lot of the recipes will have more instructions/ideas on how to serve them in the original post linked above to the recipe graphic. 13. Shredded Buffalo Chicken Nachos These buffalo chicken nachos are a great healthy game on snacks or appeteties. And the recipe makes a ton of chopped buffalo chicken and beans so you'll have leftovers for quesadillas to prepare meals, wraps, and more! Full post: Shredded Buffalo Chicken Nachos 14. Chicken thighs pull spicy coconut so they fall out of chicken thighs in coconut sauce lemon chili that is sticky, sweet, and spicy. This is seriously one of the easiest chicken scissors recipes you'll come across! Full Post: Spicy coconut pulls chicken thighs 15. Jerk Pork Tenderloin Tacos with Pineapple Salsa A simple recipe for jerk pork tenderloin and fresh pineapple salsa that is perfect for a third healthy taco or protein source prepared meal. And thanks to ninja Foodi, you can make juicy pork, this flavor with minimal effort. Full Post: Shredded Jerk Pork Tenderloin Tacos 16. Ninja Foodi Crispy Pork Carnitas Tenderloin Perfect for meal preparation, this recipe turns lean pork tenderloin into soft and crispy carnitas all in one pot thanks to Ninja Foodi. You can make nachos, tacos, burrito bowls, salads, and more! Full post: Ninja Foodi Crispy Pork Tenderloin Carnitas 17. Spicy roast pork A simple recipe for soft and crispy roast pork that is seared, pressure cooked, and broiled all in a pot thanks to Ninja Foodi. The recipe includes ways to use pork through nachos, breakfast stews, cast iron pizza, and more. Full Post: The Best Ninja Foodi Pulls Pork 18. Chipotle Chili Mac Pressure Cooker A 30-minute mac pressure cooker recipe with lean ground beef, low-carb chickpeas pasta, chipotle peppers and chopped cheddar. And the portions are large! Full Chipotle Chili Mac 19 pressure cooker. Mac Bacon and Mac Cheese This healthy mac and cheese recipe has added cream, cheesy and filled with crispy bacon. And each serving has 8 grams of protein with only 10 grams of carbs and 120 calories. Full post: Ninja Foodi Mac and Cheese with Bacon 20. Picadillo Picadillo protein-packed picadillo ground beef is one of my favorite Ninja Foodi recipes for preparing meals. It's perfect for bowls of rice, tacos and quesadillas, or empanadas and pastries! Full post: Ninja Foodi Picadillo 21. Easy Cheeseburger Soup Perfect to feed the whole family or prepare meals for yourself, this cheeseburger soup comes together in about 30 minutes! Each super-filling 1-cup serves only 190 calories, 5 grams of fat, and 4 WW SmartPoints. Full Post: Easy Cheeseburger Soup And That's How Cookies Collapse. You have a lot of ninja Foodi recipes. Now the only thing left to do is get cooking! If you find this tutorial useful, I'd appreciate you pin or share the post. Psss. If you want more Ninja Foodi recipes, I actually have a cook book with 50 as part of my Patreon. Check it out. You can get access to all six of my cook books for \$5! Five dollars!

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