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WE HOPE YOU ENJOY OUR  
READERS FAVORITE RECIPES





**Hello there! I'm Laurie.**

**I'm a mom and wife who LOVES to cook.**

**Now that my kids are teenagers they LOVE TO EAT so these days it seems like they're always eating, and I'm always cooking.**

**Before my kids were born, I used to make EVERYTHING by hand. My favorite memories are cooking with my Italian Grandparents- they both loved to cook. They would slow roast an Italian Gravy for 2 days (note, I said gravy, my husband and I have bickered about this for years). I love to cook.**

**I also love to share! I am working hard on using my appliances, Air Fryer and Instant Pot, to make my life easier, and hopefully, in return, your lives easier.**

**Cheers,**

*Laurie*

# 1



# air fryer cronuts

## Ingredients

- 1 Can Biscuits
- 2 C Granulated Sugar
- 2 TBSP Cinnamon
- 4 TBSP Butter, melted

## Instructions

Place the biscuit on a flat surface.

Remove the center with a small biscuit cutter.

Place in a greased air fryer.

Spray the biscuit with olive oil.

Air fry at 350° for 5 minutes. I fit 4 at a time without crowding.

While the cronuts are air frying, in a medium-size bowl, mix the sugar & cinnamon.

Brush on melted butter to the top, bottom, and side of the cronuts.

While the cronut is still warm, place it into the cinnamon and sugar mixture. Be sure to coat thoroughly. Repeat until all 8 cronuts have been coated in the cinnamon-sugar mixture.

Plate, serve, and enjoy!

# 2



## air fryer cinnamon rolls

### Ingredients

1 package of Pillsbury Cinnamon Rolls

### Instructions

Start by removing the cinnamon rolls from the package.

Then set them on an air fryer that has been sprayed with olive oil, cooking spray, or lined with parchment paper.

Set the temperature for 4 to 8 minutes at 330 degrees F, air fryer setting.

Ice them with the frosting provided in the package.

Plate, serve, and enjoy!

# 3



## air fryer frozen salmon

### Ingredients

2 (6-ounce) frozen salmon fillets  
3 tablespoons Dijon mustard  
2 teaspoons maple syrup  
2 teaspoons minced garlic  
1/2 teaspoon black pepper  
1/2 teaspoon kosher salt

### Instructions

Start by preheating the air fryer to 390 degrees F, for 5 minutes.

Add the frozen salmon to the air fryer basket.

Set the timer for 7 minutes.

In a small mixing bowl, mix together the mustard, maple syrup, minced garlic, salt, and pepper.

When the time is up, flip the salmon with a spatula, and then brush the sauce on top of the salmon, air fry for another 7-9.

Right before serving, brush with more of the sauce.

# 4



## air fryer shake & bake pork chops

### Ingredients

4 bone-in pork chops  
1 package Shake and Bake Coating Mix  
Cooking Spray

### Instructions

Pour the Shake and Bake into a bag, add your pork chops and shake. Make sure that the pork chop is fully coated, both sides

As you coat, the pork chops, place them on a greased air fryer tray or basket.

NOTE: In order to get the breading nice and moist, you must spray the bread coating with EVOO.

Set the tray or basket, into the air fryer and set the temperature to 400 degrees F for 7 to 10 minutes.

Make sure that the pork is fully cooked, it much reaches the internal temperature of 145-160 degrees F, for it to be fully cooked.

Plate, serve and enjoy!

# 5



## air fryer salmon patties

### Ingredients

14.75 ounces salmon (I used pink)  
1 egg  
1/4 cup diced onion  
1/2 cup bread crumbs  
1 teaspoon dill weed

### Instructions

Start by cleaning the fish, remove the bones and skin. Then drain it. Then mix the egg, onion, dill weed, and breadcrumbs into the salmon. Mix well.

Shape into patties. Place them in the air fryer.

Set the temperature to 370 degrees F. For 5 minutes (air fryer setting), then flip them and air fry for another 5 minutes.

Plate, serve, and enjoy!

# 6



## air fryer scallops

### Ingredients

1 pound scallops thawed  
2 tablespoons olive oil  
3 tablespoons butter melted  
1 teaspoon minced garlic  
1 teaspoon salt  
1/2 teaspoon black pepper  
2 tablespoons lemon juice  
1 teaspoon dried parsley

### Instructions

Spray your air fryer basket with olive oil spray.

Place the scallops into the air fryer basket.

Set the temperature to 400 degrees F, for about 4 to 6 minutes, air fryer setting.

Check the internal temperature of the scallops with a meat thermometer. Remove scallops from the air fryer.

In a small mixing bowl, mix the olive oil, melted butter, minced garlic, salt, black pepper, lemon juice, and parsley.

Serve the scallops with the side of the sauce, or drizzle over them before serving.

Plate, serve, and enjoy!



# 7



## air fryer lamb chops

### Ingredients

- 1 teaspoon rosemary
- 1 teaspoon thyme
- 1 teaspoon oregano
- 1 teaspoon salt
- 1 teaspoon corinader
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 pound lamb chops

### Instructions

Mix all of the ingredients, except for the lamb chops, in a Ziploc bag. And shake to combine. Then place the lamb chops into the bag, and refrigerate for at least one hour. You will get a nice flavor.

Place the lamb chops into the air fryer, set the temperature to 200 degrees C, or 390 degrees F. Set the time for 3 minutes, then flip them, and do for another 4 minutes.

I like to eat my lamb on a medium-rare. If you would like them done, more increase the time.

# 8



## air fryer frozen chicken breasts

### Ingredients

2 6 ounce boneless, skinless chicken breast (frozen)  
2 tablespoons olive oil  
1 teaspoon salt  
1/2 teaspoon black pepper  
1 teaspoon seasonings, any kind

### Instructions

Preheat the air fryer to 370 degrees F on air fryer setting for about 5 minutes. Add the chicken to the basket or tray, lightly coat the chicken with oil or cooking spray, and season with salt and pepper.

Set the timer to 7 minutes. After the time is up, flip the chicken again, and set the timer for another 7 minutes

Check the internal temperature before you remove it. It should reach at least 165 degrees F.

Plate, serve and enjoy!

# 9



## air fryer banana bread

### Ingredients

1 1/3 cups of flour  
1/2 cups of milk  
1 teaspoon of baking powder  
1 teaspoon of baking soda  
1 teaspoon of cinnamon  
1 teaspoon of salt  
2/3 cups of sugar  
1/2 cup of oil  
3 overripe bananas

### Instructions

Mix together all of the ingredients in a mixer, or a large mixing bowl.  
Then spray your pan with non-stick cooking spray (or use olive oil)  
Cook in the Air Fryer at 330 degrees F (air fryers setting) for 20-30 minutes.  
Check your air fryer, does the toothpick come out clean? If so it's done,  
otherwise add a few more minutes on your time.  
Let cool, then slice and serve.

# 10



## air fryer blueberry muffins

### Ingredients

#### BLUEBERRY MUFFINS:

2 large eggs  
1 cup sugar  
1/2 cup vegetable oil  
1 tablespoon vanilla extract  
1 teaspoon white vinegar  
1 teaspoon baking soda  
1 teaspoon salt  
1/2 cup sour cream  
2 cups flour  
1 cup blueberries

#### STREUSEL TOPPING:

3/4 cup flour  
5 tablespoons melted unsalted butter  
3/4 cup sugar  
1 teaspoon salt

### Instructions

Start by making the streusel topping, mix in a small bowl the flour, melted butter, sugar, and salt. Mix well. Set the topping aside.

Cream the sugar and eggs together until the mixture is light and fluffy. I use my Kitchen Aid Mixer. Mix in the oil, vanilla, vinegar, baking soda, and salt.

Mix in sour cream and flour.

Then remove the mixing bowl from the mixer, and fold in the blueberries with a spoon.

Fill the muffin tins with about 1/4 cup of batter. Generously sprinkle the topping over the muffins.

Set the muffin tin or silicone muffin molds into the air fryer basket and set the time for 10 minutes at 3 degrees F, air fryer setting.

After 10 minutes, check the muffins and make sure that they are cooked fully using a toothpick and sticking it in the middle of the muffin. If it comes out clean, they are fully cooked; if the toothpick comes out with batter, add another 2 minutes, then check again. Repeat until they are fully cooked.

Remove the cooked muffins from the Air Fryer, let them cool.