



10 EASY

FALL CASSEROLES

WARM & COMFORTING DISHES
FOR COZY NIGHTS



AIR FRYER CHICKEN PARMESAN



Craving a tasty casserole that's light, healthy, and flavorful? Look no further than this Air Fryer Chicken Parmesan Casserole!



INSTRUCTIONS



Spray your baking dish with cooking spray, and prepare your pasta as directed on the box

Drain the pasta, add it to a large bowl, and add the marinara sauce, shredded chicken, ½ of the shredded mozzarella, and ½ of the grated parmesan cheese; add the Italian seasoning.

Transfer back to the saucepan, and simmer for a couple of minutes; fold in the rest of the cheese.

Transfer the ingredient to the baking dish, and spread them into an even layer. Add the panko, melted butter, salt, black pepper, and garlic powder in a small bowl, and mix well.

Sprinkle the panko on top of the casserole. Set into the air fryer and set cook time for 6 to 10 minutes, at 330°F; using the air fryer setting, cook until the top is golden brown. Cover it tightly with foil if you find that the top is getting too browned.

Serve with additional marinara or pasta sauce, extra Parmesan cheese, and freshly diced herbs.

Per serving. Calories: 416; Fat: 18g; Carbohydrate: 41g Fiber: 3g; Sugar: 6g; Protein: 22g; Cholesterol: 59mg; Sodium: 1393mg

INGREDIENTS

- ½ pound penne pasta, not cooked
- 2 cups chicken, cooked, and shredded
- 24 ounces pasta sauce
- 2 cups mozzarella cheese, shredded
- ½ cup Parmesan cheese
- ¾ cup panko
- 2 tablespoons butter, melted, unsalted
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder

AIR FRYER TACO CASSEROLE



PREP TIME
20 MINS.



COOK TIME
20 MINS.



SERVINGS
6

What is easier to cook than a taco? A casserole, of course! This recipe is about the tastes you love but in a new presentation that will wow your family.

INGREDIENTS

- 1 pound ground beef, lean
- 2 tablespoons taco seasoning
- ¼ cup water
- ½ cup bell pepper, diced
- 1 large tomato, diced
- 10 ounces Rotel
- 4 large eggs
- 1/3 cup sour cream
- 1/3 cup heavy cream
- ½ cup cheddar cheese, shredded
- 1 stalk green onion, sliced

Serve With Assorted Taco Toppings

INSTRUCTIONS



FRY
300 °F | 150 °C

In a large skillet, over medium-high heat, add your beef, brown your meat until there is no visible pink color - mix in the bell peppers, diced tomatoes, Rotel, water, and taco seasoning. Mix well. Bring to a slight simmer for about 1 to 2 minutes.

In a small bowl, mix the eggs, sour cream, and heavy cream.

Spray your baking pan with cooking spray, and then add your cooked ground beef mixture. Pour the egg mixture over the meat.

Set the pan into the air fryer, set the temperature to 300°F, air fryer setting, and cook for 15 to 18 minutes. When the time is almost up, sprinkle the cheddar cheese over the top. Remove when the cheese is melted.

Plate, serve, and enjoy!

Per serving. Calories: 279; Fat: 18g; Carbohydrate: 6g Fiber: 1g; Sugar: 4g; Protein: 24g; Calcium: 134mg; Sodium: 241mg

AIR FRYER FRENCH TOAST CASSEROLE



PREP TIME
10 MINS.



COOK TIME
23 MINS.



SERVINGS
8



I love the taste and texture of the this dish. It is also very easy to make. In just a few minutes, you can have a delicious breakfast or brunch dish that will impress your guests!

INSTRUCTIONS



FRY
350 °F | 170 °C

Cut bread into ½” squares.

Lightly spray a 8×8 square baking dish with non-stick spray. Arrange a single layer of the bread cubes over the bottom of the pan. *We use an instant pot vortex air fryer and the 8×8 fits perfectly. Depending on the model, the baking dish size may need to be adjusted. Adjust ingredients accordingly, or make two batches*

In a medium mixing bowl, combine ricotta, sour cream, cream cheese, powdered sugar, vanilla, and ½ tsp brown sugar. Whisk until smooth. Pour half of the mixture over the bread.

Sprinkle ½ of the blueberries and peaches over the bread. Top with half of the remaining bread cubes and pour the cream cheese mixture over the top. Then, sprinkle the rest of the fruit and remaining bread cubes into the dish.

In a small mixing bowl, whisk to combine eggs, milk, heavy cream, brown sugar, and maple syrup. Pour over the bread. Cover the baking dish with aluminum foil and place into the fridge until ready to cook. (We will sometimes make this the night before, but this can be made right away as well)

Preheat the air fryer to 350°F for 5 minutes.

Place the baking dish covered with foil into the air fryer basket. Cook for 20 minutes.

Remove the foil and cook for 3 more minutes.

Top with powdered sugar and serve with syrup. Enjoy!

Per serving. Calories: 310; Fat: 14g; Carbohydrate: 36g Fiber: 4g; Sugar: 17g; Protein: 11g; Iron: 2 mg; Sodium: 307 mg

INGREDIENTS

- ½ loaf honey wheat bread
- ¼ cup ricotta cheese
- ¼ cup sour cream
- 5 ounces cream cheese, softened
- ¼ cup powdered sugar
- ½ tablespoon vanilla extract
- 1 tablespoon brown sugar, divided
- ⅔ cup blueberries
- 1 large peach, peeled and diced
- 3 large eggs
- ¾ cup milk
- ¼ cup heavy whipping cream
- ¼ cup maple syrup (plus more for serving)

AIR FRYER BREAKFAST CASSEROLE



PREP TIME
15 MINS.



COOK TIME
8 MINS.



SERVINGS
4

These are simply amazing. I mean, what other breakfast can you have done, that's KETO friendly and taste amazing, in under 20 minutes?

INGREDIENTS

- 4 large eggs
- 2 tablespoons heavy cream
- 1 pound sausage, cooked
- 1 cup diced tomatoes, and green chilies
- ½ cup cheddar cheese, shredded
- 2 teaspoons Italian seasoning

INSTRUCTIONS



FRY
340 °F | 170 °C

In a large mixing bowl mix together the cooked Italian sausage, diced tomatoes, and Italian seasoning. Mix well.

Add the shredded cheese.

Add the eggs and heavy cream, and whisk. This will help the eggs get a bit frothy.

Add the egg ingredients to the ramekins and then top off with some more shredded cheese.

Set in your air fryer, for 5 to 8 minutes at 340°F. (air fryer setting) note every air fryer is different so check your eggs to make sure they are completely done, before removing.

Plate, serve, and enjoy!

Per serving. Calories: 512; Fat: 42g; Carbohydrate: 4g Fiber: 1g; Sugar: 2g; Protein: 27g; Calcium: 178mg; Sodium: 893mg

AIR FRYER CHICKEN & STUFFING CASSEROLE



This recipe takes the timeless comfort of a classic chicken casserole and brings a delightful twist with the convenience of air frying.

INSTRUCTIONS FRY 350 °F | 170 °C

Preheat the oven to 350°F, for 3-5 minutes.

In a large bowl, mix soup, milk, chicken, salt, and pepper. Spread the mixture into a deep casserole dish that fits into your air fryer.

Cook in the air fryer, covered with aluminum foil, at 350°F for 20 minutes.

Meanwhile, cook 4 tablespoons of butter, onions, and celery over medium heat on the stovetop. Cook until the vegetables are softened and translucent (about 8 minutes).

Add the entire contents of the stuffing package to the skillet. Pour water over the stuffing and stir to mix everything together.

Remove the soup mixture from the air fryer and stir to distribute the heat evenly. Top with the prepared stuffing/vegetable mixture.

Return the casserole dish to the air fryer and cook, uncovered, for an additional 10-15 minutes. Casserole is done when it is heated through and the top is browned.

Melt the remaining two tablespoons of butter and drizzle over top, if desired.

Serve immediately.

Per serving. Calories: 351; Fat: 18g; Carbohydrate: 29g Fiber: 2g; Sugar: 5g; Protein: 19g; Cholesterol: 77mg; Sodium: 1319mg

INGREDIENTS

- 10.5 ounces cream of chicken soup , (can substitute cream of mushroom or cream of celery)
- ½ cup milk
- 2 ½ cups chicken breast, cooked and diced chicken breast
- 1 teaspoon Kosher salt, to taste
- ½ teaspoon black pepper, to taste
- 6 tablespoons butter, divided
- 1 cup yellow onion, diced
- 2 stalks celery, diced
- 1 ½ cups water
- 6 ounces packaged stuffing, chicken flavor



AIR FRYER ZUCCHINI CASSEROLE



PREP TIME
20 MINS.



COOK TIME
10 MINS.



SERVINGS
8

Zucchini is a great vegetable to use in a casserole because it is mild in flavor and takes on the taste of the other ingredients. This Zucchini Casserole is easy to make and perfect for the air fryer!

INGREDIENTS

- 3 cups zucchini, sliced
- ½ cup onions, diced
- 2 teaspoons parsley
- 1 teaspoons oregano
- 1 teaspoons salt
- ½ teaspoons black pepper
- 4 large eggs
- ½ cup vegetable oil
- 1 cup Baking mix or Bisquick
- ½ cup Parmesan cheese

INSTRUCTIONS



FRY
320 °F | 160 °C

Start by cutting your zucchini, into small pieces.

Finish chopping up the zucchini, until you have 3 cups (I used 3 small)

Then chop up the onion.

Add your spices (salt, pepper, parsley and oregano)

Mix it all together.

Mix in the eggs, add the vegetable oil and baking mix.

Mix in the cheese, and mix everything together.

Spoon the mixture into a greased, air fryer safe pan .Set your temperature for 320°F. Set the time for 15 minutes.

After the 15 minutes, look at your casserole. Does it look cooked? Mine was cooked and I removed. If you need more time, add some. Otherwise, remove and let cool, slightly.

Per serving. Calories: 258; Fat: 20g; Carbohydrate: 13g Fiber: 1g; Sugar: 3g; Protein: 7g; Cholesterol: 98mg; Sodium: 622mg

AIR FRYER COWBOY CASSEROLE



PREP TIME
20 MINS.



COOK TIME
20 MINS.



SERVINGS
6

This is a hearty and flavorful dish that is sure to please the whole family. It features all of the classic flavors of a traditional cowboy casserole but is made in an air fryer for a quick and easy meal.



INSTRUCTIONS



FRY
310 °F | 155 °C

In a large skillet, add your ground beef, minced garlic, salt, black pepper, and diced onion. Saute over low-medium heat, until the meat is fully cooked, and remove from heat.

Add your sour cream and tomato sauce to the ground beef, and mix well.

Add your ground beef casserole to a baking dish, then add the grated cheese on top, followed by the corn.

Assemble your frozen tater tots on top.

Set the baking pan into the air fryer basket, and cook at 310°F, for 15 to 20 minutes.

Per serving. Calories: 179; Fat: 8g; Carbohydrate: 15g Fiber: 2g; Sugar: 2g; Protein: 12g; Iron: 1mg; Sodium: 596mg

INGREDIENTS

- ½ pound ground beef
- 3 tablespoons onions, diced
- 1 teaspoon garlic, minced
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons sour cream
- 2 tablespoons tomato sauce
- ½ cup Cheddar cheese, shredded
- 8 ounces corn, canned, drained
- 1 cup tater tots



AIR FRYER BLUEBERRY FRENCH TOAST CASSEROLE



PREP TIME
20 MINS.



COOK TIME
12 MINS.



SERVINGS
8

The best way to start your day is with a delicious breakfast! This Air Fryer Blueberry French Toast Casserole is the perfect breakfast for lazy mornings. It's easy to make and it's so tasty!

INGREDIENTS

- 6 slices bread, day-old bread, cut into 1-inch cubes
- 8 ounces cream cheese, room temperature
- ½ cup blueberries, fresh
- 6 large eggs, beaten
- 1 cup milk
- ½ teaspoon pure vanilla extract
- 1 cup maple syrup
- 1 teaspoon pure vanilla extract
- ¼ cup maple syrup

BLUEBERRY SAUCE/SYRUP:

- ½ cup granulated sugar
- 1 tablespoon cornstarch
- 1 cup water
- 1 cup fresh blueberries
- 1 tablespoon butter

INSTRUCTIONS



FRY
320 °F | 160 °C

Spray your baking pan with cooking spray.

Then add the bread cubes into the pan, and add the cream cheese, and blueberries.

In a large mixing bowl, mix the eggs, milk, vanilla, and maple syrup, and pour into the baking pan. Cover and refrigerate overnight.

Then add the baking pan to the air fryer, and set the temperature to 320°F, air fryer setting and cook for 10 to 12 minutes, or until golden brown.

While the French toast casserole is baking, add the sugar, cornstarch, and water, to a low simmer, simmer for a couple of minutes, and then add in the blueberries, simmer for another 10 minutes until the blueberries open.

Mix in the butter and then pour over the french toast, right before serving.

Per serving. Calories: 447; Fat: 17g; Carbohydrate: 65g Fiber: 2g; Sugar: 49g; Protein: 10g; Cholesterol: 176mg; Sodium: 271mg

AIR FRYER TATER TOT CASSEROLE



PREP TIME
15 MINS.



COOK TIME
15 MINS.



SERVINGS
6

This is such a great and easy side dish or even a great breakfast casserole. I love this on Christmas or Thanksgiving morning!



INSTRUCTIONS



FRY
360 °F | 180 °C

In a small skillet, cook ground sausage over medium heat while breaking it into small pieces until no longer pink.

Remove skillet from heat, drain grease from sausage and set aside. Spray a baking dish with cooking oil spray. Spread the crumbled sausage in an even layer over the bottom of the baking dish.

In a medium bowl, whisk eggs, half and half, garlic powder, salt, and pepper until well combined. Pour the egg mixture over the sausage in the baking dish. Top with shredded cheese.

Place frozen tater tots evenly over the top of the sausage, egg, and cheese mixture. Do not submerge tater tots. Set the temperature to 360°F, air fryer setting, for approx. 10 to 15 minutes or until a knife inserted in the middle comes out clean.

Remove the casserole from the oven and let it sit for 5 minutes before serving.

Per serving. Calories: 585; Fat: 43g; Calcium: 221mg Potassium: 539mg; Vitamin C: 6mg; Protein: 27g; Iron: 2mg; Cholesterol: 332mg; Sodium: 1252mg

INGREDIENTS

- 1 pound ground sausage
- 8 large eggs
- 3/4 cup half and half
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup cheddar cheese, shredded
- 1 pound tater tots, frozen



AIR FRYER MINI SWEET POTATO CASSEROLES



PREP TIME
10 MINS.



COOK TIME
8 MINS.



SERVINGS
4

Everyone's favorite side dish, now made in the air fryer. Today, I am going to show you how to make Air Fryer Mini Sweet Potato Casseroles.

INGREDIENTS

- 2 cups sweet potatoes, cooked and cooled
- 2 tablespoons butter, unsalted
- ¼ cup brown sugar
- 1 teaspoon kosher salt
- 1 teaspoon ground cinnamon
- 1 ½ cup mini marshmallows

INSTRUCTIONS



FRY
350 °F | 170 °C

In a small mixing bowl, add the cooked sweet potatoes, and use a fork to mash them.

Add the butter, brown sugar, salt, and ground cinnamon, and mix well.

Spoon the filling into the ramekins, filling about $\frac{2}{3}$ way full.

Top with the mini marshmallows.

Set the filled ramekins into the air fryer.

Set the temperature to 350°F for 5 to 8 minutes, air fryer setting.

Remove once the mini marshmallows are golden brown.

Plate, serve, and enjoy!

Per serving. Calories: 223; Fat: 6g; Carbohydrate: 43g Fiber: 2g; Sugar: 27g; Protein: 1g; Cholesterol: 16mg; Sodium: 684mg