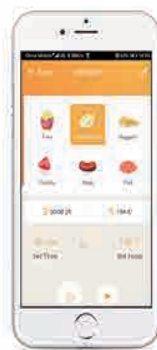


BLITZWOLF



HEALTHY RECIPES

BW-AF1

# CONTENTS

- 1.Twice–Baked Potatoes
- 2.Roasted Brussels Sprouts
- 3.Home Fries
- 4.Air–Baked Eggs
- 5.Air–Fried Tortilla Chips
- 6.Classic Bacon Cheeseburger
- 7.Buffalo Wings
- 8.Spinach–Stuffed Chicken
- 9.Chicken Satay
- 10.Grilled Chicken Tenders
- 11.Parmesan Chicken Tenders
- 12.Butter–Infused Chicken
- 13.Cajun Shrimp
- 14.Grilled Ham and Cheese
- 15.Turkey Sliders
- 16.Apple–Glazed Pork Tenderloin
- 17.Pasta Bake
- 18.Philly Cheesesteak Braid
- 19.Cheesy Rice–Stuffed Meatloaf
- 20.Santa Fe Stuffed Bell Peppers
- 21.Banana and Nutella® Wontons
- 22.Pineapple Crescents
- 23.Berry Cheesecake Egg Rolls



## Twice-Baked Potatoes

Time and Temp:

Prep Time: 10 minutes

Cook Time: 43–50 minutes

Temp: 390°F and 350°F(200°C and 175°C)

Ingredients:

2 russet potatoes

½ cup of sour cream, plus extra for garnish

½ cup of chopped broccoli

5 slices of chopped bacon, cooked

1 tablespoon of salt

1 tablespoon of black pepper

1 tablespoon of butter

¾ cup of milk

¾ cup sharp cheddar cheese, shredded

Directions:

- 1.Place potatoes in Fry Pan Basket and bake at 390°F for 35–40 minutes, or until soft in the middle.
- 2.Once fully baked, remove potatoes from fryer and let cool.
- 3.While potatoes are baking, combine sour cream, broccoli, bacon, salt, pepper, butter, and milk in medium bowl; set aside.
- 4.When potatoes are cool to the touch, cut potatoes in half and scoop out insides.
- 5.Add removed potato to sour cream mixture and stir to combine.
- 6.Place potato mixture back in skins and place in Basket.
- 7.Bake potatoes at 360°F for 8–10 minutes.
- 8.Let potatoes cool for about 3–5 minutes, then transfer to serving tray and top with sour cream, cheese and chives.



## Roasted Brussels Sprouts

Time and Temp:

Prep Time: 10 minutes

Cook Time: 15 minutes

Temp: 390°F(200°C)

Ingredients:

1 pound fresh Brussels sprouts

2 teaspoons olive oil

½ teaspoon kosher salt

½ teaspoon black pepper

Directions:

1. Remove any tough or bruised outer Brussels sprouts leaves.
2. Trim the stems on the sprouts.
3. Rinse sprouts, shake dry, and set aside.
4. Press “Pre-Heat”. Set temperature at 390°F for 15 minutes. Press “Start”.
5. Combine salt, pepper, garlic, and olive oil in bowl.
6. Add sprouts to bowl and toss to coat.
7. Once ready, place sprouts in Fry Pan Basket and cook, pausing occasionally to shake.

Tip: The sprouts are done when the centers are tender and the outsides are caramelized and a bit crispy. If the Brussels sprouts are large, cut in half vertically to ensure proper cooking.



## Home Fries

Time and Temp:

Prep Time: 40 minutes

Cook Time: 15 minutes

Temp: 390 °F(200°C)

Ingredients:

6 medium russet potatoes

2 tablespoons oil

½ tablespoon granulated garlic

1½ teaspoons paprika

½ teaspoon black pepper

½ teaspoon salt

Directions:

1. Boil potatoes in salted water for 40 minutes or until fork tender. Cool completely.
2. Add oil, garlic, paprika, pepper, and salt in mixing bowl and mix to combine.
3. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices.
4. Press “Pre-Heat”, set temperature at 390 °F and set cooking time at 14–16 minutes. Press “Start”.
5. Once ready, add the potato wedges to Fry Pan Basket skin side down, being careful not to overcrowd.
6. Cook wedges until golden brown.



## Air-Baked Eggs

Time and Temp:

Prep Time: 10 minutes

Cook Time: 7–10 minutes

Temp: 300°F(150°C)

Ingredients:

3 ramekins

6 ounces diced ham

3 large eggs

3–6 spinach leaves (optional)

3 teaspoons milk, divided

Non-Stick cooking spray or butter

salt and pepper to taste

Directions:

1. Press “Pre-Heat”. Set temperature at 300°F for 7–10 minutes. Press “Start”.
2. Spray ramekins with non-stick spray.
3. Add spinach, ham, 1 egg, 1 teaspoon milk, salt, and pepper to each ramekin.
4. Once ready, place ramekins in Fry Pan Basket and cook.





## Air-Fried Tortilla Chips

Time and Temp:

Prep: 5 minutes

Cook: 4 minutes

Temp: 390 °F(200°C)

Ingredients:

8 corn tortillas

1 teaspoon olive oil

Salt to taste

Directions:

1. Press “Pre-Heat”, set temperature at 390 °F and set cooking time for 4 minutes.

Press “Start”.

2. Brush tortillas with olive oil.

3. Cut tortillas into triangles.

4. Once ready, place in Fry Pan Basket and cook.

5. Season with salt and enjoy.

Tip: Serve with your favorite salsa or guacamole.



## Classic Bacon Cheeseburger

Time and Temp:

Prep Time: 5 minutes

Cook Time: 16–18 minutes

Temp: 360°F(180°C)

Ingredients:

- 1 ½ pounds of ground beef
- 8 slices of cooked bacon, cooked
- 1 egg
- 2 tablespoons Worcestershire sauce
- ½ cup of fresh chopped onions
- 2 tablespoons of hamburger seasonings
- 4 slices of cheese
- 4 slices of tomatoes
- 4 leaves of lettuce

Directions:

1. Place ground beef in a mixing bowl, add chopped onions, Worcestershire sauce, egg, and hamburger seasonings.
2. Form 4 hamburgers patties.
3. Place patties in air fryer basket and cook for 360°F for 16 minutes, flipping ½ way through.
4. Once patties are finished place to the side on a plate.
5. Place hamburger buns on a serving tray put patty between buns add cheese, tomatoes, and, bacon, and lettuce your choice of spread.



## Buffalo Wings

Time and Temp:

Prep Time: 10 minutes

Cook Time: 25 minutes

Temp: 390 °F(200°C)

Ingredients:

2 pounds chicken wings

(tips removed and wings cut into drumettes and flats)

½ teaspoon salt

½ teaspoon pepper

½ teaspoon granulated garlic

¼ cup your favorite wing sauce

½ c of vegetable oil

Directions:

1. Press “Pre-Heat”, set temperature at 360 °F and set cooking time at 25 minutes. Press “Start”.
2. Combine salt, pepper, garlic, and oil in bowl and mix well.
3. Add wings to bowl and toss until fully coated.
4. Once ready, place half of the chicken wings in the Fry Pan Basket, and cook. Shake the Fry Pan Basket to ensure that the wings are evenly cooked.
5. Transfer cooked wings to large bowl and toss with 2 tablespoons wing sauce.
6. Repeat steps 4–5 with remaining wings and sauce.



## Spinach–Stuffed Chicken

Time and Temp:

Prep Time: 15 minutes

Cook Time: 31–35 minutes

Temp: 360 °F(180°C)

Ingredients:

2 (1–pound) boneless, skinless chicken breasts  
2 cups breadcrumbs  
1 tablespoon butter, melted  
1 tablespoon olive oil  
¼ cup chopped red pepper (optional)  
¼ cup chopped yellow pepper (optional)

¼ cup chopped onion  
2 cups fresh spinach  
1 tablespoon salt  
1 tablespoon pepper  
½ cup mozzarella cheese, shredded  
Toothpicks

Directions:

1. Place chicken on cutting board and slice through one side making a pocket; set aside.
  2. Add breadcrumbs and butter to bowl and stir to combine; set aside.
  3. Add oil, peppers, onion, salt, and pepper to fry pan and sauté on medium heat for 3–5 minutes.
  4. Add spinach and continue to cook until wilted.
  5. Add breadcrumb mixture and cheese to pan and stir to combine.
  6. Stuff spinach mixture into prepared chicken pockets and secure with toothpicks.
  7. Place chicken in Basket and cook at 360°F for 31–35 minutes.
- Tip: If chicken begins to brown too quickly, simply cover with foil.





## Chicken Satay

Time and Temp:

Prep Time: 15 minutes

Cook Time: 6–8 minutes

Temp: 390 °F(200°C)

Ingredients:

1 pound boneless chicken thighs

½ cup soy sauce

½ cup pineapple juice

¼ cup sesame oil

4 garlic cloves, chopped fine

4 scallions, chopped

1 tablespoon grated ginger

2 teaspoons toasted sesame seeds

1 pinch black pepper

Directions:

1. Cut each thigh into strips, trim excess fat.
2. Combine all the other ingredients into a large mixing bowl and mix well.
3. Place chicken onto skewers.
4. Add skewered chicken to mixing bowl and spoon marinade onto chicken to coat all sides.
5. Cover and refrigerate chicken for at least 2 hours, up to 24 hours.
6. Press “Pre-Heat”, set temperature at 390 °F and set cooking time at 6–8 minutes. Press “Start”.
7. Once ready, place skewers in the Fry Pan Basket and cook.
8. Repeat steps 6–7 with remaining skewers.

Tip: If using wooden skewers, soak the skewers in water for 15 minutes adding chicken to keep them from burning.



## Grilled Chicken Tenders

Time and Temp:

Prep Time: 5 minutes

Cook Time: 15 minutes

Temp: 390 °F(200°C)

Ingredients:

½ pound boneless chicken tenderloins

¼ cup creamy Caesar dressing

1 tablespoon olive oil

dash garlic powder

½ teaspoon dried basil leaves

1 teaspoon dried minced onion

dash pepper

Directions:

1. Rinse chicken and pat dry.
2. Combine chicken with all remaining ingredients in bowl or food storage bag.
3. Seal or cover chicken and refrigerate for 1–2 hours.
4. Press “Pre-Heat”, set temperature at 390 °F and set cooking time at 15 minutes. Press “Start”.
5. Once ready, place chicken in Fry Pan Basket, and cook, halfway through to flip the tenders to ensure they are evenly cooked.



## Parmesan Chicken Tenders

Time and Temp:

Prep Time: 10 minutes

Cook Time: 8–12 minutes

Temp: 330 °F(165°C)

Ingredients:

non-stick cooking spray

¼ cup all-purpose flour

2 large eggs

½ cup finely shredded parmesan cheese

1 cup coarse dry breadcrumbs

1 pound chicken tenders

1 tablespoon Italian seasoning

1 teaspoon garlic powder

¼ teaspoon salt

Directions:

1. Press “Pre-Heat”, set temperature at 330 °F and set cooking time at 8–12 minutes. Press “Start”.
2. Place flour in shallow dish.
3. Lightly beat eggs in separate shallow dish.
4. Combine Parmesan and breadcrumbs in separate shallow dish.
5. In medium bowl, toss chicken tenders in Italian seasoning, garlic powder, and salt.
6. Coat each chicken tender in flour, shaking off any excess.
7. Dip tender in egg and let any excess drip off.
8. Roll tender in breadcrumb mixture.
9. Once ready, spray Fry Pan Basket with non-stick cooking spray and place half of the tenders in the Fry Pan Basket. Set remaining half aside for later.
10. Generously coat tops of each tender with non-stick cooking spray.
11. Halfway through carefully turn each tender and top with more cooking spray.
12. Ensure the remaining cooking time is at least 4 minutes, and cook until outside is crisp and tenders are cooked through.
13. Repeat steps 9–12 with remaining tenders.



## Butter-Infused Chicken

Time and Temp:

Prep Time: 15 minutes

Cook Time: 10–12 minutes a pound

Temp: 375°F(190°C)

Chicken Ingredients:

1 (3–5 pound) whole chicken

4 tablespoons seasoning salt

3 tablespoons black pepper

Butter Paste Ingredients:

1 stick of butter

4 teaspoons garlic powder

2 tablespoons dry oregano seasoning

1 onion, sliced

1 Green pepper, sliced (seeds and membrane removed)

Directions:

1. In a small mixing bowl, combine butter, oregano, and garlic powder; set aside.
  2. Press Pre-Heat, set temperature at 375°F and set cooking time for 10–12 minutes a pound, then press Start.
  3. Lightly separate the skin from the meat of the chicken without tearing the skin.
  4. Carefully spread butter mixture between the skin and the meat.
  5. Place sliced onions and peppers between the skin and meat.
  6. Sprinkle remaining seasonings over chicken.
  7. Once ready, place chicken in Basket breast side down and cook, pausing halfway through to flip chicken and cover with foil during remaining cooking time.
  8. Let chicken rest at least 10 minutes before carving.
- Tip: Make sure internal temperature of the chicken is 160–165°F.





## Cajun Shrimp

Time and Temp:

Prep Time: 5 minutes

Cook Time: 6 minutes

Temp: 390°F(200°C)

Ingredients:

½ pound shrimp, peeled and deveined

¼ teaspoon cayenne pepper

½ teaspoon Old Bay seasoning

¼ teaspoon smoked paprika

1 tablespoon olive oil

Pinch of salt

Directions:

1. Press “Pre-Heat”, set temperature at 390°F and set cooking time at 6 minutes. Press “Start”.
2. Add all ingredients to mixing bowl and mix until shrimp is completely coated.
3. Once ready, place shrimp in Fry Pan Basket and cook.



## Grilled Ham and Cheese

Time and Temp:

Prep Time: 10 minutes

Cook Time: 4–5 minutes

Temp: 360 °F(180°C)

Ingredients:

4 slices white bread

2 slices American cheese

2 slices of thinly sliced ham

¼ cup melted butter

Directions:

1. Press “Pre–Heat”, set temperature at 360 °F and set cooking time at 4–5 minutes. Press “Start”.
  2. Brush each bread slice with butter on one side.
  3. Layer ham and cheese on bread and assemble sandwiches with the buttered sides of the bread out.
  4. One ready, place sandwiches in Fry Pan Basket and cook until golden brown.
- Tip: Use precooked bacon or sliced turkey instead of ham for a different flavor.



## Turkey Sliders

Time and Temp:

Prep Time: 5 minutes

Cook Time: 10 minutes

Temp: 390 °F(200°C)

Ingredients:

- 1 pound ground turkey
- 2 slices Colby Jack cheese, cut in half
- 4 dinner rolls
- ½ teaspoon granulated garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper

Directions:

1. Press “Pre-Heat”, set temperature at 390 °F and set cooking time at 10 minutes. Press “Start”.
2. Form ground turkey into 4 (4-ounce) patties and season with salt, pepper, and garlic.
3. Once ready, add sliders to Fry Pan Basket and cook. Halfway through flip the sliders to ensure they are evenly cooked.
4. Open Air Fryer and top each slider with cheese.
5. Set cooking time at 1 minute, press ”Start” and cook sliders until cheese has melted.





# Apple–Glazed Pork Tenderloin

Time and Temp:

Prep: 20 minutes

Cook: 15 minutes

Temp: 390 °F(200°C)

Ingredients:

⅓ cup of apple vinegar

½ cup of chicken broth

½ teaspoon of cinnamon

½ teaspoon of brown sugar

2 tablespoons of maple syrup

½ Granny Smith apple, cored and cut

into in ½–inch slices

Pork Tenderloin Ingredients:

1–1½ pounds pork tenderloin

2 tablespoons of salt

2 tablespoons of pepper

1 half of chopped onion

Directions:

1. Place tenderloin re–sealable plastic bag.
  2. Add vinegar, salt, pepper and onion to bag, ensuring tenderloin is completely coated.
  3. Seal bag and place in refrigerator to marinate for at least 20 minutes.
  4. Place marinated tenderloin in Basket and season with additional salt and pepper.
  5. Cook tenderloin at 390°F for 15–20 minutes.
  6. While tenderloin cooks, place remaining ingredients in saucepan and simmer on medium heat for 4–5 minutes.
  7. Once tenderloin is cooked, remove from BW–AF1 and let sit for 3–5 minutes.
  8. Cut tenderloin into ½–inch slices and top with cooked apples and sauce.
- Tip: You can use any leftover sauce for dipping.





## Pasta Bake

Time and Temp:

Prep: 5 minutes

Cook: 18 minutes

Temp: 390 °F(200°C)

Ingredients:

½ box of dry penne noodles

2 cups of heavy whipping cream

⅓ cup of milk

1 cup of shredded sharp cheese

1 cup of shredded mozzarella cheese

1 tablespoon of salt

1 tablespoon of pepper

1 teaspoon of garlic powder

5 slices of chopped Canadian bacon

1 cup of chopped broccoli

Directions:

1. Press Pre-Heat, set temperature at 390°F and set cooking time for 18 minutes, then press Start.
2. In medium bowl, combine Canadian bacon and broccoli, then mix in remaining ingredients.
3. Pour pasta mixture into Baking Pan and cover with foil.
4. Once ready, place Baking Pan in Basket and cook.
5. Once complete, remove foil, stir pasta and let rest for about 3–5 minutes before serving.

Tip: You can use any type of cheese, meat or even veggies with this dish.

You can bake your pasta in any oven-safe dish that will fit inside the BW-AF1.



## Philly Cheesesteak Braid

Time and Temp:

Prep: 15 minutes

Cook: 12–15 minutes

Temp: 350 °F(175°C)

Ingredients:

1–pound skirt steak, thinly sliced

2 tablespoons melted butter

1 tablespoon olive oil

½ onion, thinly sliced

½ green pepper, seeded, membrane removed, and thinly sliced

½ cup mozzarella cheese, shredded

1 (8–ounce) tube crescent dough

Pinch of flour

Non–stick cooking spray

Directions:

1. Add olive oil to fry pan and sauté steak on medium heat for 4–6 minutes.
2. Add onions and green pepper to pan and cook for additional 5 minutes; set aside.
3. Dust cutting board with flour.
4. Unroll crescent dough onto cutting board and shape into 1 large rectangle that will fit in Basket.
5. Spoon steak mixture in a strip down the center of the dough and top with cheese.
6. Using a sharp knife, make cuts 1½ inches apart on the long sides of the dough within ½–inch of the steak mixture.
7. Twist each strip once, alternating while crossing over the filling. Tuck the short ends of the strips under and press together to seal.
8. Spray Basket with non–stick cooking spray and place braid in the basket.
9. Brush braid with melted butter and cook at 350°F for 12–15 minutes.
10. Once ready, carefully remove braid, place on cutting board or serving tray and cut crosswise.

Tip: Use any meat, cheese or vegetables for a variety of fillings.



## Cheesy Rice–Stuffed Meatloaf

Time and Temp:

Prep: 15 minutes

Cook: 15–20 minutes

Temp: 350 °F(175°C)

Ingredients:

1 pound ground beef

1 egg

2 tablespoons Worcestershire sauce

2 tablespoons salt

2 tablespoons pepper

½ cup cooked rice

½ cup chopped yellow pepper

½ cup chopped green pepper

½ cup chopped onion

1 cup mozzarella cheese, shredded

2 cups marinara sauce

Directions:

1. In large bowl, combine beef, egg, Worcestershire sauce, salt, and pepper; set aside.
2. In separate bowl, combine rice, peppers, onion, and cheese; set aside.
3. Shape beef mixture into loaf that will fit into the Basket.
4. Place loaf on parchment paper or cutting board and cut in half horizontally.
5. Place rice mixture in center of bottom loaf.
6. Replace top loaf above rice mixture and seal the edges.
7. Place meatloaf in Basket and cover in marinara sauce.
8. Cook at 350°F for 15–20 minutes.
9. Once complete, carefully remove meatloaf from Basket and let it rest for about 10 minutes before slicing.

Tip: To add flavor, add chopped spinach, kale, parsley or cilantro to the cooked rice.



## Santa Fe Stuffed Bell Peppers

Time and Temp:

Prep: 10 minutes

Cook: 9 minutes

Temp: 360 °F(180°C)

### Ingredients:

1½ cups cooked rice

1 red pepper

1 yellow pepper

1 green pepper

1 orange pepper

2 pounds ground beef

2 cups fresh spinach

1 cup mozzarella cheese, shredded

1 cup frozen corn medley

1 tablespoon cayenne pepper

2 tablespoons seasoning salt

2 tablespoons black pepper

### Directions:

1. Add water to stock pot and bring to a boil.
2. While waiting for water to boil, slice off top of each pepper and remove the membrane and seeds. Set tops aside.
3. When water is at a boil, lightly drop in peppers and cook for up to 3 minutes before removing and drain on paper towel upside down.
4. Add ground beef to fry pan and brown on medium-high heat until cooked through.
5. Drain fat from fry pan and set aside.
6. Press Pre-Heat, set temperature at 360°F and set cooking time for 9 minutes, then press Start.
7. Lower stove temperature to medium and add spinach, cheese, corn and spices to ground beef, mix together and cook until spinach begins to wilt.
8. Fill each pepper with the beef mixture.
9. Once ready, place peppers in Basket and cook.
10. Once cooked, transfer peppers to serving plate and top with reserved top.





## Banana and Nutella® Wontons

Time and Temp:

Prep Time: 10 minutes

Cook Time: 6–8 minutes

Temp: 350 °F(175°C)

Ingredients:

8 wonton wrappers

8 teaspoons Nutella®

1 banana

1 egg

1 teaspoon water

Cinnamon sugar or powdered sugar for garnish

Directions:

1. Press “Pre-Heat”, set temperature at 350 °F and set cooking time at 6–8 minutes. Press “Start”.
2. Add egg and water to small bowl and mix together to make egg wash.
3. Place 1 teaspoon Nutella in center of wonton wrapper.
4. Slice banana and place atop Nutella.
5. Brush egg wash along two sides of the wonton.
6. Seal wonton wrapper by folding the sides together.
7. Once ready, place wontons in Fry Pan Basket and cook.
8. Once the wontons have sufficiently browned, carefully remove from the Air Fryer and dust with cinnamon sugar or powdered sugar.



## Pineapple Crescents

Time and Temp:

Prep Time: 20 minutes

Cook Time: 10 minutes

Temp: 350 °F(175°C)

Ingredients:

½ pineapple

½ cup shredded coconut

1 small sprig fresh mint

1 cup vanilla yogurt

Directions:

1. Cut pineapple into ½-inch-thick slices, cut slices in half, and remove the core.
2. Press “Pre-Heat”, set temperature at 350 °F and set cooking time at 10 minutes. Press “Start”.
3. Dip pineapple slices into shredded coconut.
4. Once ready, gently place pineapple in Fry Pan Basket and cook.
5. While pineapple cooks, finely dice mint leaves and stir into vanilla yogurt.
6. Serve pineapple with yogurt dip.



## Berry Cheesecake Egg Rolls

Time and Temp:

Prep Time: 10 minutes

Cook Time: 8–10 minutes

Temp: 390 °F(200°C)

Ingredients:

4 ounces cream cheese, softened

3 tablespoons sugar

½ teaspoon lemon juice

½ cup mixed berries

6 egg roll wrappers

¼ stick melted butter

Directions:

1. In small mixing bowl, combine cream cheese, sugar, and lemon juice.
2. Lightly mix in berries and set aside.
3. Lay out egg roll wrappers on cutting board in a diamond shape.
4. Brush edges of wrappers with melted butter.
5. Place about 2 tablespoons of berry mixture in center of each wrapper, leaving about 1 inch of space along the edges.
6. Fold end of wrapper nearest to you over the filling to seal, then fold sides over and roll the wrapper into a tight cylinder shape.
7. Spray Basket with non-stick cooking spray.
8. Place egg rolls in Basket and cook at 390°F for 8–10 minutes.
9. Serve immediately.

Tip: Sprinkle the egg rolls with powdered sugar for a nice final touch.

