



air fryer basics

WITH MILK & HONEY NUTRITION



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Hi, I'm Mary Ellen...

...the registered dietitian nutritionist behind Milk & Honey Nutrition. I'm thrilled you've decided to incorporate air fryer cooking into your kitchen routine.

If you like what you see, don't forget to check out my website too, milkandhoneynutrition.com. You'll find more e-books, nutrition tips, meal plans, recipes, and a little mom humor.

Mary Ellen

How does an air fryer work?

- The term “air fryer” is a bit misleading. Nothing is actually being fried.
- Anytime you cook something you set the time and temperature, just like an oven.
- Once the cooking starts, the air fryer circulates super hot air to cook the food. So it’s basically like a super tiny convection oven.
- Inside the air fryer is a basket or tray (depending on your model) that allows for airflow on all sides of the food





Temperature and time settings for 40 common foods

Please note: The times and temperatures listed in this guide will vary based on the model used. Adjust as needed for your model.

	Temp (F)	Time	Tips
Chicken	375 (breasts) 400 (thighs)	18-20 minutes	Rub your chicken with your favorite seasonings and oil before cooking. Flip chicken halfway through cooking. Increase cooking time by 5-7 minutes if using bone-in cuts.
Steak	400	10-20 minutes	Cooking time will vary greatly depending on the cut of steak. Season lightly and flip halfway through cooking.
Sausage	400	6-10 minutes	
Pork chops	375	15 minutes	Brush pork chops lightly with oil and season as desired.
Bacon	400	10 minutes	Arrange the slices in a 7in round pan in one layer. Place the pan inside the air fryer and cook.
Tofu	370	20 minutes	Use firm tofu cut into cubes. Marinate the tofu for 15-30minutes before frying for extra flavor. Dip in cornstarch or flour before frying for extra crispiness.
Shrimp	400	5-7 minutes	Season with oil, lemon, and sea salt before cooking.
Scallops	400	5-7 minutes	Season with oil, lemon, and sea salt before cooking.



Meat & Seafood

	Temp	Time	Tips
Halibut	400	7-10 minutes	Season with oil, lemon, and sea salt before cooking. Cooking time will depend on the thickness of the cut.
Snapper	400	7-10 minutes	Season with oil, lemon, and sea salt before cooking. Cooking time will depend on the thickness of the cut.
Salmon	400	8 minutes	Season with oil and sea salt before cooking.
Green beans	400	8-10 minutes	Season with oil and sea salt before cooking.
Broccoli	400	8-10 minutes	Season with oil and sea salt before cooking.
Kale	300	8-10 minutes	Season with oil and sea salt before cooking.
Carrots	400	12-15 minutes	Season with oil and sea salt before cooking.
Brussel sprouts	400	12 minutes	Season with oil and sea salt before cooking. Stop and toss halfway through cooking.



Veggie tip: The times listed above are for fresh veggies. If you want to cook straight from frozen, add 3-5 minutes to the cooking time.

Seafood & Veggies

	Temp	Time	Tips
Cauliflower	400	8-10 minutes	Season with oil and sea salt before cooking.
Asparagus	400	10 minutes	Season with oil and sea salt before cooking.
Bell peppers	400	25 minutes	Cut into 1/2 in strips before cooking.
Mushrooms	400	10 minutes	
Onions	400	15 minutes	Cut into 1/2 in strips before cooking.
Beets	400	15 minutes	Cut into rounds before cooking.
Potatoes	400	15 minutes	Cut into 1in pieces before cooking. Stop and shake half way through. Season with oil and sea salt before cooking.
Sweet potatoes	400	15 minutes	Cut into 1in pieces before cooking. Stop and shake half way through. Season with oil and sea salt before cooking.



Veggie tip: The times listed above are for fresh veggies. If you want to cook straight from frozen, add 3-5 minutes to the cooking time.

Veggies

	Temp	Time	Tips
Butternut sq.	400	15 minutes	Cut into 1in pieces before cooking. Stop and shake half way through. Season with oil and sea salt before cooking.
Corn on the cob	400	12 minutes	Remove husks and rub with soft butter before cooking.
Apples	400	8 minutes	Cut and sprinkle with cinnamon before cooking.
Chickpeas	400	12-15 minutes	Rinse and drain chickpeas before cooking. If desired, season before cooking.
HB Eggs	400	13 minutes	Place whole eggs (up to 6) in the air fryer basket. Submerge in ice water immediately after cooking.
Nuts	320	7 minutes	Coat with seasonings before roasting if desired.
Frozen Foods	400	varies	Most frozen foods have oven cooking instructions listed. Cook the food for 2/3 the amount of time listed on the oven cooking instructions.
Leftovers	400	3-5 minutes	



Miscellaneous

	Temp	Time	Tips
Hamburgers	375	3-5 minutes	Add additional time for patties >1in thick. If your air fryer has a rack accessory, you can toast hamburger buns for the final 2-3 minutes of cooking.
Hot dogs	400	6-10 minutes	
Quesadillas	400	6-10 minutes	Use a small 7in round pan inside the air fryer to prevent any filling that may leak out from getting all over the inside of the air fryer.
Grilled Cheese	400	6-10 minutes	Use a small 7in round pan inside the air fryer to prevent any filling that may leak out from getting all over the inside of the air fryer.
Pizza	400	10 minutes	
Cookies	400	10 minutes	Use a small 7in round pan inside the air fryer and place 2-3 cookie dough balls inside.
Cake	400	varies	Use a small 7in round pan inside the air fryer.
Pancakes	400	5 minutes	Use a small 7in round pan inside the air fryer.



Miscellaneous



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