



# Flippin' Awesome Fish

SERVINGS: 2

COOK TIME: 15 MINS

## Ingredients

- Tilapia (or similar white fish) fillets
- Egg
- Flour
- Spray oil (Suggested: Pam)
- Bread crumbs (Suggested: Italian)
- Old Bay seasoning

## Directions

1. Sprinkle Old Bay on the fish.
2. Place flour in a bag. Put fish in flour bag and shake.
3. Crack and whisk egg. Dip flour covered fish in egg. Be sure to coat it all.
4. Place bread crumbs on a plate. Place egg/flour covered fish in bread crumbs. Again, be sure to cover it all. Add more Old Bay as desired.
5. Spray with oil. Place in air fryer and cook for 15 mins at 400° F.



# Kickin' Chips

SERVINGS: 2

COOK TIME: 15 MINS

## Ingredients

- Potatoes (Suggested: russet)
- Oil
- Seasoning of choice (Suggested: seasoned salt or cajun seasoning)

## Directions

1. Cut potatoes into wedges (or use a mandolin to cut them into fries).
2. Put potatoes in a bowl and rinse with cold water until the water is clear.
3. Dry potatoes.
4. Put potatoes back into the bowl and cover with oil. Add seasonings and toss.
5. Place into air fryer and cook for 15-30 mins at 400° F.



# Sizzlin' Sprouts

SERVINGS: 2

COOK TIME: 15 MINS

## Ingredients

- Brussel sprouts
- Sauce of choice (Suggested: teriyaki or sweet chili sauce)

## Directions

1. Slice brussel sprouts in half.
2. Put into a bowl and toss with sauce of choice.
3. Place into air fryer and cook for 15-30 mins at 400° F.