

the vegan *Air Fryer*

The Healthier Way to Enjoy Deep-Fried Flavors

JL Fields





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Deep-Fried Flavors
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For the animals.

Always.



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Preface

When I was a new vegan, I discovered I didn't have to spend my life in the kitchen to eat healthy, home-cooked

vegan foods. A pressure cooker could deliver plant-based basics in no time. That revelation led me to write *Vegan Pressure Cooking: Delicious Beans, Grains, and One-Pot Meals in Minutes*. I thought I

had all the help I needed.

But I was wrong. I realized I needed another quick and easy cooking method to prepare great vegan food. Enter the air fryer. This fairly compact convection

cooker uses rotating, rapidly moving hot air to cook food until it's crispy. However, the air fryer itself requires no oil—it's the cook's choice as to whether to add oils to food before cooking, making air-frying a much

healthier alternative to traditional deep-frying.

Prior to discovering this new device, I had never fried food. Not because I don't like fried foods. I do. But I live in a cozy condo with high ceilings and

horrible kitchen
venting. Frying foods
is smelly, messy, and
downright impractical
in such a setting. But
when I found there
was a simple, mess-
free, and healthy way
to make fried foods at
home, I impulsively

purchased an air fryer.

When the air fryer arrived, my husband, Dave, rolled his eyes.

“Are you kidding me?” (He thinks I have a kitchen appliance problem.)

I huffed at Dave and

marched into the kitchen. Without reading the manual (which I don't advise), I sliced a potato into pieces and pressed the fries button on the device. Twenty minutes later, I placed a plate of hot, crispy,

home-cooked French fries in front of my skeptical husband.

After one bite, Dave exclaimed, “This is the best thing you’ve ever purchased!”

Another convert was born. If you, like my

husband, are doubting that air-fried goodies can taste just as good as deep-fried foods while being healthier and easier to prepare, I invite you to dive into this book. The air fryer may make a convert of you, too.

1



I'm a vegan cooking coach, and 98 percent of my clients come to me for one reason: to make vegan cooking easy. That's why for years I've taught thousands of people how to use a pressure cooker. And

now I take my pressure cooker and my air fryer into my clients' homes to show them that wholesome, plant-based meals can be cooked up in no time. This cookbook is filled with mostly whole-foods recipes

that are quick to make.
(By the way, I
consider tofu and
seitan whole foods;
tofu is made from
soybeans and seitan
has been used as a
meat substitute for
centuries.) But the air
fryer is also great for

vegan convenience foods. Pick up any meatless patty from the frozen food section of your grocery store, set the air fryer to 390°F, and in ten minutes your entrée is done!

Air Fryer 101

Air-Frying: The
Healthier Choice

All About Air
Fryers

Notes on Safety

Air-Fried Foods

in Your Diet

Air fryers have been popular in Europe for years. In fact, in 2010, the Daily Mail in the UK wrote about this convection-cooking technology—where hot air as high as 400°F circulates around the food—

because it was news.
Browned, crispy foods
with little to no oil
cooked in minutes?
What a great idea for
the health-conscious
consumer.

Air-Frying:

The Healthier Choice

Many people are turning to a plant-based diet to lower cholesterol, reverse diabetes, and prevent heart disease. Some

individuals also
choose to omit oil
from their cooking.

The Physicians
Committee for
Responsible Medicine
(PCRM.org) offers
excellent suggestions
on how to do this:

- Cook with vegetable broth or water.
- Use nonstick cooking spray.
- Use spices instead of added oils to flavor foods.
- Use

applesauce in
baked recipes.

Throughout this book,
I defer to nonstick
cooking spray as a
low-oil option. I also
use lots of spices and
seasonings, and, yes,
applesauce will be

found in several of the baked goods.

This vegan cookbook is not a diet book. For those of you who are not concerned about added oils—or are actually wondering what all the fuss is

about—I turned to my friend Ginny Messina, who is a nutritionist and my coauthor of *Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet* . I asked her to share her thoughts on the role of

oil in a healthy vegan diet, as well as her advice on the best oils. You can read what she has to say in How to Use Oils in a Healthy Vegan Diet .

Air-Frying Is
Clean and Cool

In addition to wanting a shortcut in the kitchen, there were two other major, divergent motivators for me to invest in an air fryer. First, the cleanup is a breeze. Second, speaking of breeze, I live in an old

condo with no air conditioning. When I use an air fryer, I'm able to bake, roast, grill, and fry without turning on the oven or stove and without overheating my kitchen.

Air-Frying Can Dazzle Nonvegan Friends and Family

For many new vegans,
the transition to plant-
based foods takes
some getting used to.
Many textures we're

accustomed to are elusive. One way to encourage our nonvegan family and friends to eat more plants is to find foods that are familiar. Air-frying adds a crunch, a crispiness, and a meatiness that is

reminiscent of our pre-vegan days. Vegan fried chicken, crispy bacon, and meaty fajitas are sure to impress.

Air-Frying Can Be Healthy (or Not!)

Here's the bottom line on air-frying and your health: Everything in this book is going to fall in the "healthier than . . ." column when comparing it to a nonvegan food. But some of the recipes will never be labeled

as health food
(remember, this isn't a
diet book). For
instance, fried
sandwich cookies just
needed to happen here.
But so did simple
roasted Brussels
sprouts. The recipes
here are as diverse as

those of you reading
this book.

Air Fryer Accessories

Not all air fryers are the same and not all air fryers offer the same accessories. If you become as

cuckoo for air-frying as I am, you'll probably want to think about getting a grill pan or a rack to allow multiple layers of cooking. And oven-safe pans

and dishes are
handy for
casseroles,
desserts, seitan,
and more. You'll
see mention of
specific
accessories in
some of the
recipes. Common

accessories made specifically for the air fryer include the following items:

- **Double-layer racks:** This accessory allows you to

double the
cooking
capacity in
the air fryer
when
cooking
foods in a
single layer.

- **Skewers:**
The Philips

brand rack
has notches
for stainless
steel skewers.
With double
capacity, you
can cook tofu
or tempeh
steaks on the
bottom of the

basket and
place
vegetable
kabobs on the
top layer.

- **Baskets with lids:** Philips also makes a “variety basket” with

a lid for their Viva line of air fryers that is ideal for keeping food (such as kale chips) from flying up into the heating element.

- **Baking pans:** There are a variety of sizes of baking pans made for air fryers. These work well with casseroles,

roasted
vegetables,
and cakes.

- **Baking trays:** The shallower baking trays work well for pancakes.
- **Grill pans:**

The Philips
brand air
fryer basket
is wire mesh
and some
foods, like
tofu and
battered
foods, can
stick. A grill

insert, with a nonstick surface, is a solution.

In lieu of purchasing accessories specifically made for an air fryer,

you may have small oven-safe dishes that will do the trick, such as springform pans, tortilla molds, stainless steel taco stands, ramekins, cast iron crocks, and

more.

All About Air Fryers

As mentioned earlier, air-frying is essentially convection cooking—very hot air quickly circulating around the food. There are many

air fryers on the market. I used an extra-large Philips, a smaller GoWISE, and an even smaller Farberware while creating recipes for this book. Not all air fryers are the same. Some are very

powerful—to the point that flour, spices, and even pieces of kale blow into the air while cooking. Others are quiet and less formidable. Price points vary vastly, too. Some are as high as \$300 while others are

under \$70.

Which air fryer is the right one for you? It all depends. You'll want a size that accommodates your family. If your family consists of just one or two people, a 3.2- to

3.7-quart will do just fine. If your family has four or more individuals, you're going to want a 5-quart (or larger) device.

Earlier air fryers used a paddle to move food

through the convection-cooking process. Now the air is moved through the device, removing the need for the paddle, and most modern air fryers do not use one. For the purposes of this cookbook, I've

written recipes for air fryers without paddles. If you have an air fryer with a paddle, review the owner's manual, because it's possible that the paddle is removable.

Another difference in

air fryer models is the heating elements: halogen and coil elements. Halogen heat uses light (therefore, radiant heat), while devices with coil elements and rapid air use the fan to circulate the heat. This

isn't a better-or-worse comparison; rather, it's something for you to consider as you review air fryers before purchasing. In the Resources , I outline a variety of air fryers to make your decision-making process a bit

easier.

When deciding on which air fryer to purchase, note that many air fryer baskets are nonstick. If that is a concern for you, consider one that uses a ceramic coating

(Simply Ming brand at a lower price point) or a mesh basket (Philips brand at a higher price point).

Air-Frying Helpers

Here is a list of helpful pieces of equipment that may already be in your kitchen to help when air-

frying:

- Teflon-friendly tongs
- Air fryer-safe pans
- Air fryer-safe dishes and bowls (a variety of

ramekins up
to 5 or 7
inches,
depending
upon the size
of your air
fryer)

- Silicone
cooking
gloves

- Nonstick cooking sprays or misting canisters for spritzing
- Air fryer grill pan
- Skewers for foods such as

kabobs and
corn dogs

What You Can Expect in the Recipes

You should know what I'm not: a fancy cook or trained chef. And what I am: a home cook, a cooking coach, and a faculty member

of a university culinary program. These distinctions are important to understanding my approach to the recipes in this book—I simply want to help people make delicious vegan food that's easy to

prepare, so that more and more people will eat vegan food. (Yep, I have an agenda.)

In this book, I'm offering no-fuss, easy-peasy, let's-get-this-food-on-the-table-already recipes. I have

created recipes that are fun, delicious, and that I believe will empower you, the home cook, to make delicious vegan recipes that will please even the omnivores in your life.

What You'll Find

in the Recipe Chapters

These recipes are
inherently low-oil.
However, I will
provide notations
regarding no-oil (and
sometimes lower-oil)
techniques and options

for most recipes. I am a huge fan of spray oils for air-frying. (If you're environmentally conscious, you may want to buy an oil mister or two that relies on pumping mechanisms rather

than chemical propellants.) For the purposes of this book, we are following the assumption that one (1-second) spray of oil is equivalent to about 1/4 teaspoon oil. Low-oil in this case will range from 1 to 4

sprays (rarely over 1
teaspoon for 4
servings).

Alternatively, I will
call for $\frac{1}{4}$ to 1
teaspoon oil when
using a marinade or
when preparing some
foods.

In the Resources , I provide a list of convenience foods that can easily be prepared in the air fryer, because sometimes we are too busy to even cook super-fast air fryer food!

Terms, Techniques, and Heads-Ups

Shake: This is a common term for air-frying meaning that halfway through the cooking time—or every few

minutes—you'll simply need to shake the basket to move the food around and avoid sticking.

Preheat: Most air fryer manuals call for preheating. I

don't always
preheat, and you
don't have to either.
But when a recipe
calls for it, give it a
shot. It will help in
the cooking process,
but it's no big deal
if you don't preheat.
The cooking just

might take a bit longer.

Spritz: I'm going to suggest spray oil as a low-oil option throughout the book. When I say, "spritz," I'm suggesting a quick,

one-second spray of oil.

Parchment paper:

For battered foods, and for oil-free alternatives to recipes, I often recommend using parchment paper.

Note that you do not want big pieces of paper exposed in the air fryer. Once the parchment paper is in place, cut it down until only 1/2 inch is exposed above the base of the air fryer basket.

Size: Some recipes will do far better in a larger air fryer than a smaller one. I will make a point to mention size when I think it's an issue. And I'll offer suggestions. For instance, the

Breakfast
(Pan)Cake recipe
does really well in
an 8-inch
springform pan. Not
everyone will be
using an air fryer
that large, so I'll
make a point to
mention how you

can divide the recipe to accommodate a small oven-safe dish.

Serving sizes:

Speaking of size, many of these recipes are for two

to four people,
because most air
fryers aren't really
designed to feed
eight to ten people.
You can easily
double recipes but
there's a good
chance you'll also
need to cook in

batches.

Temperature:

Some air fryers heat up to 400°F, others only as high as 390°F. Some can be programmed in increments of ten degrees, others in

thirty. Use the closest temperature to the one I recommend in a recipe.

Notes on Safety

Air fryers get hot (that's why they are so magical). But high

heat is no joke and I want you to pay heed to a few things:

- Some food may fly up into the heating element (e.g., kale chips, light tortillas) due to the force of the

rapidly circulating
hot air. Like any
hot element in
your kitchen,
you'll want to tend
to your device to
keep an eye on
these lighter foods
that can actually
begin smoking.

This doesn't mean
you have to avoid
cooking these
foods, it just
means pay
attention! There
are some
accessories that
cover a basket to
keep foods down.

When making kale chips, I make a point to massage the oil into the greens to weight them down.

- Skewers are wonderful for making kabobs and keeping pieces

of bread in place
when making a
grilled cheese
sandwich. Metal is
best. If you're
going to use a
wooden skewer or
toothpick, soak it
in water for twenty
minutes before

using it and make sure that it is several inches away from the heating element.

- Parchment paper and foil are great for cooking battered food or other food that

might stick to the basket. Always cut the paper or foil to fit exactly on the bottom of the air fryer basket, with no excess paper hanging out.

- A double-layer accessory, when

placed in the basket, provides a second cooking surface. Avoid cooking lightweight foods (e.g., leafy greens, tortillas) on this top rack as it's a mere inch or two

away from the heating element.

- Consider investing in a pair of silicone cooking gloves. The space in the air fryer basket is tight and when using accessories

you've got some
maneuvering to
do.

When using an air
fryer, be sure to move
it away from walls,
positioning the vent to
an open space. The
intense heat can

damage walls,
surfaces, and other
materials.

Air-Fried Foods in Your Diet

Though I'm not
opposed to eating an
entirely air-fried meal,
keep in mind that this

cookbook is offering a fun way to add texture and variety to the foods you eat. It's not a meal planner. But here are some fun ways to add air-fried foods to a well-balanced vegan diet:

Breakfast: Make
tofu scramble in
your skillet while
air-frying Basic
Breakfast Potatoes
.

Lunch: Prepare
the fragrant
Balsamic Herbed

Tomatoes to add to a hummus wrap for lunch.

Dinner: Make the Roasted Brussels Sprouts to add to a bowl of rice and beans for a special “hippie” bowl of

beans, greens, and grains.

Dessert: Prepare Roasted Cherries Jubilee to serve over your favorite homemade or store-bought vegan ice cream.

But, hey, if you really want to make an entire meal in the air fryer, chapter 7 is dedicated to one-basket meals!

Now that we've covered the basics of air-frying, let's cover the other emphasis of

this book: veganism.

2



Believe it or not, the word vegan is still confusing to some people. Certain vegetarians will say they eat fish. Others, who identify as plant-based, eat eggs from backyard chickens. No judgment here, but I

want to be crystal clear about the term and what it means to me and the recipes in this book.

Vegan Basics

Ingredients to
Know

Pizza Dough

Vegetable Broth

Flax Eggs

DIY “Vegan

Magic”

Englishman Donald Watson is considered a founder of the modern vegan movement. In 1944, he was part of the first Vegan Society and coined the term vegan, meaning “a way of living that

seeks to exclude, as far as possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing and any other purpose. For the purposes of this book, vegan means a diet containing no animal

flesh, no dairy, and no honey.

The other reason vegan can be confusing is because some people practice veganism—or plant-based eating—for health reasons and within that context identify their diet as

“whole-foods, plant-based,” avoiding the term vegan. For further dietary reasons, they might also exclude one or more of the following: vegetable oils, salt, sugar, soy, gluten, and even nuts and seeds. I want to

point out that all of those foods are vegan and are used in this cookbook. Options abound, however, to omit or reduce some of these ingredients to accommodate such dietary choices.

To recap, vegan equals
no animal products.
That's it!

Ingredients to Know

Now on to a few vegan
ingredients that are

used in this book.

Black Salt

Also called kala namak, this salt is mined from the Himalayan region.

And it's actually pink in color, not black. It has an aroma and

flavor that is remarkably similar to hardboiled eggs. I use black salt in vegan egg dishes to enhance the flavor and to create an aroma reminiscent of eggs. Black salt can be found at Indian and Asian Pacific markets

as well as online.

Chickpea (Garbanzo Bean) Flour

Naturally gluten-free,
this flour is high in
protein, iron, and fiber.
Naturally dense, it's
helpful in recipes that

require some level of binding. I use it in seitan as well as in sauces and as a dry coating for some of the recipes that are battered or are destined to be a crunchy food. This flour is often sold in

the bulk section of
grocery stores or
packaged in the baking
section.

Dulse Flakes

This red sea vegetable
is found in shakers in
the Asian section of
the ethnic aisle at

grocery stores. Filled with fiber and protein, it's a great low-sodium alternative to salt and is terrific in Asian dishes.

Fysh Sauce by Tofuna

Made with tamari, rice

vinegar, and seaweed, this commercial product is the answer to traditional fish sauce and is available online and at vegan grocery stores. For a substitute, use 1 teaspoon low-sodium tamari or soy sauce

mixed with 1/4
teaspoon dulse flakes
for 1 teaspoon Tofuna
Fysh Sauce.

Miso Paste

This salty, fermented
soybean paste captures
the essence of
Japanese cooking. It

comes in different colors—white, red, and yellow—and some varieties are sweeter than others. It's used extensively in vegan broths, soups, and sauces. Adding miso to foods enhances flavor (see Umami)

and is particularly wonderful on roasted vegetables, where it helps create a delightful glaze. There are soy-free miso brands, as well, using chickpeas, brown rice, and barley. You can find miso in the

refrigerated section of grocery stores, usually near the tofu, and there are shelf-stable versions available in some stores in the ethnic or Asian aisle.

Nutritional Yeast

A flaked or powdered

condiment, this yeast is grown in a nutrient-rich medium. It gives foods a cheesy, nutty flavor and can create a creamy texture. It's also a favorite among vegans because some brands fortify nutritional yeast with

vitamin B₁₂ . You can find it in the baking section or bulk section of natural foods stores and some grocery stores.

Nondairy Milk

You'll find milk made from rice, almonds,

soybeans, hempseed, and coconut in the refrigerated section of stores and also packaged aseptically. These are usually interchangeable in recipes. However, do not confuse coconut milk sold as a

beverage with coconut milk sold in cans. The latter is used in cooking, especially for curried dishes. It's much higher in fat and calories than the type sold as a beverage.

Seitan

Also known as “wheat meat,” this glutinous vegan meat is a great protein source. You can find my air fryer version of seitan here . If you have a pressure cooker, I highly suggest you check out the numerous seitan

recipes on my website,
jlgoesvegan.com .

And, great news!

Seitan can be found in most grocery stores these days, right next to the tofu. WestSoy and Upton's Naturals are brands that have worked very well in

the seitan recipes in this book.

Soy Curls by Butler Foods

Butler Soy Curls are a non-GMO soy food product that uses the whole soybean. Made by Butler Foods, they

can be found at most
vegan grocery stores,
many natural foods
stores, and online
directly from Butler
Foods, Amazon, or
veganessentials.com .
Since the Soy Curls
are dry, the first step is
to rehydrate them in

warm water or broth (when using them in a traditional chicken recipe, I will rehydrate them in warm chicken-style broth). Add 1 cup Soy Curls to 1 cup warm liquid and allow the curls to sit for 10 minutes. Drain the

rehydrated Soy Curls
through a colander
(and gently squeeze
them with tongs). Soy
Curls are excellent in
stir-fries and salads,
and, you'll see that
they also make mighty
tasty “fries,” see [here](#) .

Tempeh

An ancient food from Indonesia, this cake of fermented soybeans has a tender and chewy texture and a savory flavor sometimes described as “yeasty” or “mushroom-like.”

Tempeh can be made from soybeans only or soybeans in combination with grains. The trick to using tempeh is to steam it before marinating it or cooking it. The steaming process

removes some of the bitterness and helps the tempeh absorb the flavors of the recipe. Here's how: Steam the tempeh for 10 minutes in a saucepan on the stove. Alternatively, steam the tempeh for 1 minute on low

pressure in an Instant Pot or pressure cooker; use a quick release.

Textured Vegetable Protein (TVP)

Textured vegetable protein (TVP; or textured soy protein

[TSP], which is often organic) is a soy food product that, when rehydrated like Butler Soy Curls, is used in the same way as ground meat.

Umami

Umami is a concept in Japanese cooking often referred to as the “fifth flavor.” Certain foods and

cooking techniques bring out this savory essence, adding a mysterious wow to a dish. Such foods include ripe tomatoes, mushrooms (dried and fresh),

fermented foods
(such as
sauerkraut, miso,
and soy sauce),
wine, nutritional
yeast, and more.
Cooking
techniques
include grilling,
caramelizing, and

roasting—all
three of which
are included in
this book.

Tofu

Made in a similar way to cow's milk cheese, tofu is produced by adding a curdling agent to soymilk.

Throughout Asia, tofu is made fresh daily from soybeans in small

shops and sold on the street by vendors.



Firm
and

extra-firm tofu is ideal
for tofu steaks and
vegetable stir-fries.

Soft tofu is perfect to
mash or puree as a

filling for sandwiches or lasagna. And the tofu that is traditional to Japanese cooking, silken tofu, is a soft custard-like food that can be blended or pureed for sauces, smoothies, or desserts. You'll find my method

for foolproof air-fried
tofu, here . (Hint:
you're going to want
to freeze it).

Tofu is purchased in
blocks packed in
water. To use firm or
extra-firm tofu in
cooking, the water

must first be pressed out of it. A manual method of doing so is described in How to Press Tofu . However, to make this process easier, I suggest purchasing either a TofuXpress or EZ Tofu Press—both

which can found at many vegan markets and vegan online stores and Amazon. Simply insert the tofu into either device, press according to the instructions, and your tofu is ready to use!

How to Press Tofu

You'll almost
always want to
press your firm
and extra-firm
tofu when air-
frying. Here's

why and how:
Because tofu is
packed in water,
you want to press
and drain it so the
spongy soybean
block can absorb
the flavors of
your recipe.
Removing the

excess liquid also aids in the crunchy exterior you're looking for in fried tofu. Follow these six steps when preparing tofu:

- Open the

tofu
package
and drain
out the
water.

- Place a
clean,
lint-free
dish towel
or paper

towels on
a baking
sheet.

- Put the
block of
tofu on
top of the
towels.
- Place a
heavy pot

on top of
the tofu
block to
press the
water out
of the
tofu.

- Allow the
tofu to
drain

anywhere
from 30
minutes to
2 hours.

Now your tofu is
ready for a
marinade.

Pizza Dough

In addition to the traditional preparation method to make homemade pizza dough, I offer a variation for making it in a bread machine.

This dough stores well in the refrigerator for three days—when ready to use, let it warm up to room temperature.

3 3/4 cups all-purpose flour (plus a little more for rolling)

1 1/2 tablespoons sugar

1 1/2 teaspoons active dry
yeast

1 1/2 teaspoons salt

1 1/4 cups warm water

4 tablespoons extra-virgin
olive oil, divided

In the bowl of a
stand mixer,
combine the flour,

sugar, yeast, and salt. Begin mixing on low and add water, increasing the speed. Add 1 1/3 tablespoons of the oil and mix until the dough forms into a ball. If the dough is a little

sticky, add in a little more flour, a small amount at a time, until the dough comes together nicely. If the dough is too dry, add additional water, just a little bit at a time.

Drop the dough
onto a lightly
floured work
surface and gently
knead into a
smooth, firm ball.
Grease a large
bowl with 2
teaspoons of the
oil, add the dough,

and roll it around to coat. Cover the bowl with plastic wrap and put it in a warm area to let it double in size, about 1 hour.

Transfer the dough to a lightly floured work surface.

Divide it into two pieces, and roll each into a ball again. Place each ball into an oiled bowl with the remaining oil and cover for 15 to 30 minutes. Once the dough has rested,

use it right away or transfer it to a ziplock bag and store in the refrigerator for up to 3 days. If using right away, shape the dough into a pizza pan and let it rest to rise for 10 to

15 minutes. If using refrigerated dough, let it warm up to room temperature before using.

Makes 4 (7-inch) individual pizzas

Variation: To make the dough in

a bread machine,
add the water, oil,
flour, sugar, and
salt—in that order
—to a bread
machine pan. Make
a small depression
on the top of the
flour and add in the
yeast. (Don't let

the yeast get wet.)
Select the “basic
dough” setting and
press start. When
the dough is done,
remove from the
bread machine pan
and drop it onto a
lightly floured
board. Knead it

into a large ball. Divide it into two pieces, and roll each into a ball again. Place each ball into an oiled bowl with the remaining oil and cover for 15 to 30 minutes. Once it's

rested, use right away or transfer to a ziplock bag and store in the refrigerator. If using right away, shape the dough into a pizza pan and let it rest to rise for 10 to 15

minutes.

Vegan Broth and Bouillon

Vegetable broth is easy to find in the soup section of any grocery store. These days, you can find chicken- and beef-style vegan broths, bouillon

granules or cubes, and even paste to add a layer of flavor to simple recipes (see Umami). Brands such as Better than Bouillon, Edward & Sons, and Massel can be found near the shelf-stable boxed

vegetable broths in many grocery stores. I encourage my coaching clients to keep these on hand when cooking for a “multivore” family (a family in which one or two members may be vegan or vegetarian

but others are still
eating meat).

Vegetable Broth

Here is my all-time
favorite vegetable
broth recipe,
inspired by a chef
friend in New
York. You can
make it in a

pressure cooker (or Instant Pot) in 15 minutes or cook it in a soup pot on the stove in a couple of hours.

1 small peach, quartered

2 small apples, quartered

1 medium onion,

quartered

4 cloves garlic, unpeeled
and coarsely chopped
8 small carrots, halved
6 celery ribs, halved
1 tomato, quartered
6 whole romaine lettuce
leaves
8 cups water
1/2 teaspoon dried
oregano
1/2 teaspoon dried sage

1/2 teaspoon dried basil

1/2 teaspoon dried whole

rosemary

1 teaspoon sea salt

(optional)

| | |
|------------------|----------|
| Place the peach, | |
| apples, | onion, |
| garlic, | carrots, |
| celery, | tomato, |
| lettuce, | water, |

oregano, and sage in a large soup pot or 6-quart or larger pressure cooker (or Instant Pot). Add the rosemary by rubbing it between the palms of your hands into the pot. Add the salt (if

using). Stir to combine.

If you are cooking in a soup pot, bring the broth to a boil over high heat, cover, reduce the heat to low, and simmer for 1 1/2 to 2 hours. If you are

pressure-cooking,
cover the pressure
cooker and bring to
pressure. Cook at
high pressure for
15 minutes. (For a
richer broth, cook
for 30 minutes.)
Remove from the
heat and allow for

a natural release.
Remove the lid
from the pressure
cooker.

Regardless of the
cooking method,
after the broth is
done, strain it
through a fine-
mesh strainer or

cheesecloth. Use
the broth
immediately or
divide it into
portions and
refrigerate in
airtight glass jars
for up to 1 week.
You can freeze the
broth for up to 6

months in a heavy-duty freezer bag.

Makes 8 to 9 cups of broth

Vegan Cheese

How the times have changed—our vegan cheese cups runneth over! Popular and

easily accessible
commercial brands
include Field Roast's
Chao Slices, Daiya,
Follow Your Heart,
Kite Hill, Miyoko's
Creamery, Trader
Joe's brand, and
Treeline. Many of
these cheeses even

melt. Sometimes just an ounce will add a kick of flavor to a dish, and in other applications, like the Gourmet Grilled Cheese Sandwich , you'll want to add more.

Vegan Eggs

Speaking of the times changing, vegan eggs are now a thing. The long-available Ener-G brand egg replacement powder can be found in the baking section in natural grocery stores. The Vegg can

be found online, and
Follow Your Heart's
VeganEgg is
becoming more and
more accessible (it's
available on Amazon
and
veganesentials.com).

For the purposes of

air-frying, the VeganEgg is an invaluable ingredient in your kitchen. It's the key to some of the battering and wet-dredging steps in several recipes. It is the only egg replacer that I recommend for

the Spinach Omelet .

Make Your Own Flax Egg Substitute

If you prefer foods that are less processed, you can make your own vegan

egg with ground flaxseed. It's one of the most popular egg substitutes in healthy vegan cooking because it is super easy to make. Makes the equivalent of 1

egg.

1 tablespoon ground
flaxseed

3 tablespoons warm
water

In a small bowl
or measuring
cup, combine the
flaxseed with the
warm water.

Set aside for 10 minutes. After 10 minutes, the mixture should be thickened and ready to use.

DIY “Vegan Magic”

The commercial product Vegan Magic, formerly known as Magic Vegan Bacon Grease, is a coconut oil-based

condiment that's
great for adding a
smoky, bacony
flavor to tofu
scrambles, vegan
omelets, collard
greens, and other
foods. Vegan
Magic can be
purchased online

and at vegan grocery stores, or you can make your own with this recipe.

1/2 cup coconut oil

1/8 teaspoon paprika

1/8 teaspoon garlic powder

1/8 teaspoon liquid smoke

1/4 teaspoon maple syrup

Combine the oil, paprika, garlic powder, liquid smoke, and maple syrup in a small bowl. Store in an airtight jar at room temperature.

Makes 8 tablespoons

Vegan Butter

There are a number of vegan butters on the market, including Earth Balance, MELT Organic, and Miyoko's Creamery. You can even make your own. I'm a big fan of Bryanna Clark

Grogan's recipe,
which you can find on
her website. Just a dab
of it adds flavor to the
simplest of recipes.

Worcestershire Sauce

Did you know that
traditional

Worcestershire sauce
is not vegan? One of
the ingredients is
anchovies. But we live
in wonderful times,
and vegan versions are
now available thanks
to the Annie's
Homegrown and
Edward & Sons

brands.

With this background on air-frying and vegan basics, it's time to start cooking.

Let's do this!

3



Breakfast can be
challenging not
only for new vegans
but also for any of us
who find ourselves in
a morning-meal rut.
Air fryer to the rescue!
You can now make
traditionally nonvegan
breakfast items plant-

based: sausage, hash browns, and even bacon and eggs. If you have fifteen to thirty minutes to spare in the morning, you're about to start your day off right!

Breakfast and Brunch

Doughnut Holes

Basic Breakfast
Potatoes

Tempeh and
Veggie

Scramble-ish

Tofu Bacon
Wraps

Breakfast
(Pan)Cake

Fried Biscuits

Spinach Omelet

Tempeh Bacon

Miso-Style
Vegetables

Bacon and Egg
Sandwiches

Sausage-Style
Soy Curl Hash

Slider and Bacon
Bloody
Marys	

Doughnut Holes

I cannot tell you how many people have asked me to create a doughnut recipe for the air fryer. It took some trial and error

and, frankly, I didn't like the result.

Visually, at least, the doughnuts were not appealing. So I've opted for doughnut holes; they're more fun to cook and eat, anyway. Bonus: they make for a great

dessert, too.

2 tablespoons cold nondairy
butter

1/2 cup plus 2 tablespoons
coconut sugar, divided

1 tablespoon Ener-G brand
egg replacer powder or your
favorite vegan egg yolk
replacement

2 tablespoons water

2 1/4 cups unbleached all-purpose flour

1 1/2 teaspoons baking powder

1 teaspoon salt

1/2 cup plain or vanilla nondairy yogurt

1 to 2 spritzes canola oil

1 teaspoon ground cinnamon

In a large bowl, combine the

butter and 1/2 cup of the sugar and mix well, using your hands until clumps form.

In a small bowl or cup, whisk the egg replacer with the water. Add it to the butter and sugar and mix well. Set aside.

In a medium bowl, combine the flour, baking powder, and salt.

Add the flour mixture to the butter mixture and mix well. Fold in the yogurt. Mix until a dough is formed.

Roll pieces of dough into 18 (1-inch) balls and arrange them on a large baking sheet or piece of parchment paper.

Grease the air fryer with the oil. Preheat the air fryer to

360°F for 3 minutes. Transfer the doughnut holes to the air fryer basket. Cook for 8 minutes, shaking halfway through the cooking time.

Mix the remaining 2 tablespoons sugar and cinnamon on a plate. Roll the hot doughnut holes lightly in the

cinnamon sugar before transferring them to a baking rack to cool.

Makes 18 doughnut holes



Basic Breakfast Potatoes

Okay, I know the point of this book is that you can make all kinds of things in the air fryer, not just potatoes. But,

come on, you know
you were interested in
crispy, low- to no-oil
fried potatoes!

2 large red or russet potatoes,
scrubbed

1 small yellow onion, cut into
half-moon slices (cut the
onion in half lengthwise,

and then slice along the lines of the onion)

1 teaspoon extra-virgin olive oil or canola oil

1/2 teaspoon sea salt
(optional)

1/4 teaspoon black pepper

Preheat the air fryer to 360°F for 3 minutes. Shred the potatoes in a food processor or with a cheese grater using

the big holes.

Transfer the shredded potatoes and onion to a medium bowl. Add the oil, salt (if using), and pepper. Toss with tongs to coat.

Transfer to the air fryer basket. Cook for 12 to 15 minutes, or until golden brown, shaking every 3

minutes. Serve hot.

Serves 4

No-Oil Option: Omit the olive oil and use parchment paper or foil to avoid sticking.

NOTE

This recipe does especially well on a grill accessory.

Tempeh and Veggie Scramble-ish

Tofu scramble is a morning vegan staple. This air-fried tempeh version departs from the traditional tofu

sauté. Try this over steamed kale or collard greens and serve with diced avocado.

8 ounces tempeh

2 cloves garlic, minced

1 teaspoon ground turmeric

1 teaspoon ground cumin

1/2 teaspoon chili powder

1/2 teaspoon black salt

1/4 to 1/2 cup low-sodium
vegetable broth

1 to 2 spritzes extra-virgin
olive oil

1 cup coarsely chopped
cremini mushrooms (or your
favorite mushroom)

1 small red onion, quartered

1/2 cup coarsely chopped bell
pepper (any color)

1/2 cup sliced cherry or grape tomatoes

Steam the tempeh for 10 minutes (see [here](#)). (This step is optional, but I'm a huge fan of steaming tempeh in advance to help it absorb marinade, tame its bitterness, and soften its texture a bit.) Cut the tempeh into 12 equal cubes.

In a shallow bowl, combine the garlic, turmeric, cumin, chili powder, black salt, and broth. Add the steamed tempeh and marinate for a minimum of 30 minutes or up to overnight.

Spray the air fryer basket with the oil (alternatively, wipe the basket with oil). Drain the tempeh and add it

to the air fryer basket. Add the mushrooms, onion, and bell pepper.

Cook at 330°F for 10 minutes. Add the tomatoes, increase the heat to 390°F, and cook 3 more minutes.

Serves 4

No-Oil Option: Omit the olive oil and shake frequently

to avoid sticking.



Tofu Bacon Wraps

The current darling of the Internet, rice paper bacon, just got amped up here because we're upping the protein game. I decided to try

this by wrapping thin
tofu slices in rice
paper—the result is a
crunchy exterior and
meaty interior. Rice
paper is the wrap used
in spring rolls. You
can find it at Asian
markets, in the ethnic
aisle of many grocery

stores, and online.

8 ounces extra-firm tofu,
drained and pressed (see
here)

4 (6 to 8 1/2-inch) sheets rice
paper

2 tablespoons maple syrup

1 teaspoon avocado oil or
extra-virgin olive oil

1/2 teaspoon vegan

Worcestershire sauce,

tamari, or soy sauce

1/8 teaspoon liquid smoke

1/2 teaspoon cayenne pepper

Cut the tofu lengthwise into 8 slices and set aside. Cut the rice paper sheets in half for a total of 8 pieces.

In a small bowl, combine the

maple syrup, oil, Worcestershire sauce, liquid smoke, and cayenne to create a marinade.

Dip a piece of the rice paper in warm water for about 5 seconds or until it's moistened. Place the moist rice paper on a cutting board and let sit for 30 seconds or until it's pliable.

Place a piece of tofu on a half-sheet of rice paper. Brush the marinade over the tofu and the rice paper. Roll the tofu into the wrapper, rolling away from you, and fold, closing the ends of the wrapper toward the tofu (it's pliable and will easily stick). Brush marinade on both sides of the bacon. Repeat this

process with the remaining
tofu and rice paper.

Transfer the wrapped tofu to
the air fryer basket. Cook at
360°F for 6 minutes. Increase
the heat to 390°F and cook 2
minutes longer.

Makes 8 pieces

Breakfast (Pan)Cake

If we fry up pancakes in a skillet, then why not in an air fryer? The trick here is finding the right accessory. An 8-inch springform pan

works great in a large air fryer. Pour all the batter in the pan and bake it like a cake. But don't be selfish—this recipe is for two, so share! If you have a smaller device, find a smaller, heatproof dish and use less batter.

You may have to make one pancake and then another; if so, put the prepared pancake on a plate in a warm oven while the other cooks.

1/2 cup unbleached all-purpose flour

2 tablespoons coconut sugar

or granulated sugar
1 tablespoon baking powder
1 to 2 pinches sea salt
1/2 cup soymilk or other
nondairy milk
1 tablespoon applesauce
1/4 teaspoon vanilla extract
1 to 2 spritzes extra-virgin
olive oil spray

Combine the flour, sugar,
baking powder, and salt in a

mixing bowl. Slowly whisk in the milk, applesauce, and vanilla extract.

Preheat the air fryer to 330°F for 3 minutes. Grease an 8-inch springform pan (or an oven-safe dish of your choice) with the olive oil spray.

Pour the batter into the

prepared pan. Cook at 330°F for 10 minutes. Check for doneness by inserting a toothpick into the center—it should come out dry. Cook for an additional 2 to 4 minutes as needed.

Serves 2

No-Oil Option: Omit the olive oil and layer the baking

pan with parchment paper (no paper should be exposed).

NOTE

Double or triple this recipe and keep the batter in an airtight container (a mason jar is great) in the refrigerator. You'll be all set to make it again

the next day!

Fried Biscuits

My husband, Dave, gets all the credit for this recipe. He loves a biscuit sandwich and came up with a simple recipe that cooks up beautifully in the air

fryer! This is a perfect example of how two people who, at the time, followed different diets (I was vegan; he, not so much) would create recipes that were pleasing to both. I truly believe that the

collaboration helped move Dave along his journey to becoming a vegan. (See photo of Fried Biscuits [here](#) .) This recipe can easily be doubled, but note that you'll need to air-fry the biscuits in two batches.

1/2 cup almond milk

1 1/2 teaspoons fresh lemon
juice

1 cup unbleached all-purpose
flour

1 1/2 teaspoons baking
powder

1/4 teaspoon baking soda

1/2 teaspoon sea salt

2 tablespoons plus 2

teaspoons cold nondairy
butter

In a small bowl, combine the milk and lemon juice and refrigerate for 10 minutes.

In large bowl, combine the flour, baking powder, baking soda, and salt, and mix well. Use a knife to cut the butter into small pieces in the bowl

and then break them up into the flour mixture. To avoid melting the butter, quickly mix the butter and flour together—don't be afraid to use your hands. Continue mixing until the mixture resembles bread crumbs. Add the chilled milk mixture and combine with a wooden spoon until a dough has

formed.

Transfer the dough to a floured work surface. Dust the top of the dough with additional flour and fold and press it 5 or 6 times, until you achieve a circle of dough about 1 inch thick. Use a biscuit cutter or circular mold to cut out 4 biscuits from the dough. Do this by pressing

straight down through the dough. Place the biscuits close in the air fryer basket, so that they are barely touching. Continue to reform the remaining dough to make additional biscuits. Do this quickly as overhandling the dough could impact how the biscuits rise.

Preheat the air fryer to 400°F

for 5 minutes. Add the biscuits and cook for 7 minutes, until golden brown.

Makes 4 biscuits

Spinach Omelet

The times have changed and so have our vegan egg options. Although I provide a couple of vegan egg options in chapter 2 ,

this recipe really only works with the Follow Your Heart VeganEgg product. You just can't beat the fluffy result. I also use Vegan Magic—formerly known as Magic Vegan Bacon Grease—to add a smoky flavor.

1 cup ice cold water
4 tablespoons Follow Your
Heart VeganEgg
2 tablespoons chickpea flour
1/4 teaspoon black salt
1 teaspoon Vegan Magic or
DIY “Vegan Magic” (see
here)
1/2 cup finely chopped red
bell pepper

1/2 cup finely chopped
yellow onion

Freshly ground black pepper
2 cups loosely packed baby
spinach

Combine the water,
VeganEgg, flour, and salt in
the blender and blend until
smooth. Set aside.

Add the Vegan Magic to a

baking pan that will fit into your air fryer. Place the baking pan in the air fryer and preheat to 390°F for 3 minutes.

Pour the omelet mixture into the baking pan and cook for 2 minutes at 390°F. Add the bell pepper and onion, patting them into the omelet mixture, and cook for 3 minutes

longer.

Pause the machine to add the pepper and spinach to the omelet. Fold the omelet in half and cook for 5 more minutes at 390°F. Cut into 2 servings.

Serves 2

No-Oil Option: Omit the Vegan Magic.



Tempeh Bacon

Sure, you can buy
vegan bacon—and
there are some terrific
options—but why not
turn to tempeh, a
traditional Indonesian

food, for a heartier version? The chewy texture holds up well in an air fryer. (See photo here .)

8 ounces tempeh

2 tablespoons maple syrup

1 teaspoon avocado oil or
extra-virgin olive oil

1/2 teaspoon vegan

Worcestershire sauce,

tamari, or soy sauce

1/8 teaspoon liquid smoke

1/2 teaspoon cayenne pepper

Steam the tempeh for 10 minutes. (This step is optional, but to see why I recommend it, refer [here](#) .)

Transfer the tempeh to a shallow bowl.

In a small bowl, combine the maple syrup, oil, Worcestershire sauce, liquid smoke, and cayenne, whisking until well blended. Pour the marinade over the tempeh and marinate for at least 1 hour (overnight is better).

Place the tempeh slices in the air fryer basket. Cook for 10

minutes at 330°F. Shake after 5 minutes. Increase the heat to 390°F and cook for 3 minutes longer.

Makes 8 pieces

No-Oil Option: Omit the avocado oil.

Miso-Style Vegetables

In 2011, I accidentally took a three-day macrobiotic cooking class in Philadelphia (long story). I learned some great cooking

techniques and, of course, picked up on how wonderful Japanese-style savory porridge and braised vegetables are for breakfast. (Break out of that cereal rut, folks!) These umami-packed vegetables are

wonderful on their
own or served over a
savory porridge.

1 tablespoon white miso

2 tablespoons soy sauce

2 tablespoons rice vinegar

1 teaspoon sesame oil

(optional)

2 cups finely chopped carrots

2 cups broccoli florets
1/2 cup finely chopped
daikon radish

In a small bowl, combine the miso, soy sauce, vinegar, and sesame oil (if using). Mix well.

In a large mixing bowl, combine the carrots, broccoli, and daikon. Pour the miso

mixture over the vegetables and toss with tongs to coat completely. Preheat the air fryer to 330°F for 5 minutes.

Transfer the vegetables to the air fryer basket and cook for 25 minutes, shaking every 5 minutes.

Serves 4

Variation: Try this

with all kinds of
vegetables!

Low-Oil Option: Opt for a
quick spritz of sesame oil.

No-Oil Option: Omit the
sesame oil.



Bacon and Egg Sandwiches

In this book, we've got two kinds of bacon (see here: 1 , 2). We've got biscuits (see here). It seems

like it's time for a vegan bacon and egg breakfast, yes? The egg, in this case, is tofu, so feel free to use a store-bought bacon if you'd rather not load up on soy.

1 (16-ounce) package extra-firm tofu

1/2 cup soymilk

1/4 cup plus 2 tablespoons
nutritional yeast

2 teaspoons plus 1 teaspoon
ground turmeric

1 teaspoon garlic powder

1/2 teaspoon black salt

3 tablespoons unbleached all-purpose flour

1 tablespoon potato starch

2 to 4 spritzes canola oil
spray

4 strips Tempeh Bacon or
store-bought vegan bacon

4 Fried Biscuits or store-
bought vegan biscuits

Drain and press the tofu (see
the sidebar [here](#) for
instructions). Cut the tofu into
4 equal pieces. Then cut each

piece in half, for a total of 8 slices.

In a small bowl, whisk together the milk, nutritional yeast, turmeric, garlic powder, and black salt until combined. Set aside.

Mix the flour and potato starch together on a large plate for dredging. Dip each

piece of tofu in the milk mixture. Then lightly coat each piece with the flour mixture.

Spray the air fryer basket with the canola oil. Place the coated pieces of tofu in the basket and lightly spray the top of the tofu. Cook at 360°F for 6 minutes. Flip the tofu slices and cook for 6 minutes

longer. Place two tofu eggs and one piece of vegan bacon on each biscuit.

Serves 4

Variation: Use the Spinach Omelet as an alternative to the tofu eggs.

No-Oil Option: Start with

parchment paper or foil for the first 5 minutes of cooking. Be careful to very lightly coat the tofu pieces with the flour and starch mixture, you may end up with white blotches of flour instead of an even golden-brown exterior.

Sausage-Style Soy Curl Hash

Soy Curls are much like tofu, as they grab the flavors of the spices and seasonings you use—in this case, a fragrant meaty dish

(that's also full of compassion). You can find additional information about Soy Curls , here . I love using them in recipes because they are made from whole soybeans and they add a meaty texture to any meal.

2 cups dry Soy Curls

2 cups warm water

2 small potatoes, cut into 1/4-
inch cubes

1/4 teaspoon sea salt

1/4 teaspoon black pepper

2 teaspoons vegan beef
bouillon granules

1 teaspoon dried sage

1/2 teaspoon ground ginger

1/2 teaspoon cayenne pepper

1/4 teaspoon anise seeds or
fennel seeds, crushed

1 teaspoon extra-virgin olive
oil

2 tablespoons maple syrup

1 small onion, cut into 1/8-
inch thick half-moon slices

Combine the dry Soy Curls
and the warm water in a large
bowl to rehydrate. Set aside.

Toss the potatoes with the salt and pepper and transfer them to the air fryer. Cook for 10 minutes at 400°F. While the potatoes are cooking, drain the Soy Curls and return them to the bowl. Add the bouillon granules, sage, ginger, cayenne, anise seeds, oil, maple syrup, and onion. Toss well, until the Soy Curls are

completely coated.

Add the Soy Curls to the air fryer once the potatoes have cooked for the 10 minutes. Shake the basket to distribute the ingredients or use tongs to toss. Cook the potatoes and Soy Curls for 20 minutes longer, shaking halfway through the cooking time.

Serves 4

No-Oil Option: Omit the olive oil.





Slider and Bacon Bloody Marys

This had to happen.
See, there's this tavern
in my town making a
mean Blood Mary
every Sunday, and it's

such a sight to behold. But it's not even close to vegan. Less of a recipe and more of a "pull this all together yourself" technique, here's my version.

2 (1/2-inch thick) slices

Gimme Lean Sausage or
Baked Chick'n-Style Seitan
2 slices Tempeh Bacon or
store-bought vegan bacon
6 to 8 ounces vegan Bloody
Mary mix
2 to 4 ounces vodka
(optional)
2 ribs celery
2 vegan slider buns
2 to 4 pitted green olives or

lime wedges (optional)
2 sweet or dill pickle slices or
cherry tomatoes (optional)

Place the sausage slices in the
air fryer basket. Add the
bacon. Cook at 370°F for 6
minutes.

Use the Bloody Mary mix
and vodka (if using) to mix
your favorite adult or virgin

Bloody Mary. Be sure to use a glass that holds at least 12 ounces of liquid (a mason jar is a fun option). Add a rib of celery to each drink.

Assemble the cooked sausages on the slider buns and pierce them with a skewer. If using the olives and pickles, add them to the skewers, too. Place the

skewers in each drink, propping them on the edges of the glasses. Add a cooked bacon strip to each Bloody Mary.

Serves 2

4



Before I purchased my air fryer, serving an appetizer was something I did only when entertaining. Now I can toss some food into the air fryer, make a quick bite, and we snack while cooking

dinner. Having said that, I've been known to serve many of these recipes as meals: Soy Curl Fries add bulk and texture to an ordinary salad. Fried Tofu with Peanut Sauce over a bed of rice can make a perfect

main dish.

Starters and Snacks

Vegetable Egg
Rolls

Barbecue Potato
Chips

Soy Curl Fries

Seasoned French
Fries

Jalapeño Poppers

Spicy Mac 'n'
Cheese Balls

Fried Vegetable
Wontons

Szekely Goulash
Pastry Bites

Fried Avocado

Beany Jackfruit

Taquitos

Air-Fried

Pretzels

Fried Tofu with

Peanut Sauce

Breaded

Mushrooms

Vegan Wings

Roasted

Barbecue

Chickpeas

Vegetable Egg Rolls

Egg rolls—don't sound very vegan, do they? Surprisingly, vegetable egg rolls at restaurants actually can be vegan, because

the wrappers do not
contain egg. But
finding egg-free
wrappers at
mainstream grocery
stores can be
challenging. I buy my
vegan spring and egg
roll wrappers at our
local Asian market, so

look for an Asian market near you.

1 to 2 teaspoons canola oil

1 cup shredded cabbage

1 cup grated carrots

1 cup bean sprouts

1/2 cup finely chopped
mushrooms (any type)

1/2 cup sliced scallions

2 teaspoons chili paste

1/2 teaspoon ground ginger

1/4 cup low-sodium soy
sauce or tamari

2 teaspoons potato starch

8 vegan egg roll wrappers

In a large skillet, heat the oil
over medium-high heat. Add
the cabbage, carrots, bean
sprouts, mushrooms,
scallions, chili paste, and

ginger. Sauté for 3 minutes.

In a small bowl or measuring cup, whisk together the soy sauce and potato starch. Pour this mixture into the skillet and combine with the vegetables.

Lay the egg roll wrappers out on a work surface. Lightly brush the edges with water.

Place 1/4 cup of the filling at one end of the wrapper. Begin rolling the wrapper over the vegetables, tucking in the ends after the first roll. Repeat this process with the remaining wrappers and filling.

Transfer the egg rolls to the air fryer basket. Cook at 360°F for 6 minutes, shaking

halfway through the cooking time.

Makes 8 eggrolls

No-Oil Option: Use vegetable broth instead of canola oil or dry-sauté the vegetables.



Barbecue Potato Chips

Sure, I could have written a plain old potato chip recipe, but this is a cookbook, and your expectations should be higher!

Barbecue chips are one of my favorites, but most store brands contain milk or other nonvegan products. Though the ingredient list in this vegan version is long, don't let that intimidate you. I bet you have most of

the ingredients in your
spice rack right now.
(See chips in the photo
here .) P.S. I won't be
offended if you skip
all the spices and just
make straight-up
chips.

1 large russet potato

1 teaspoon paprika

1/2 teaspoon garlic salt

1/4 teaspoon sugar

1/4 teaspoon onion powder

1/4 teaspoon chipotle powder
or chili powder

1/8 teaspoon sea salt

1/8 teaspoon ground mustard

1/8 teaspoon cayenne pepper

1 teaspoon canola oil

1/8 teaspoon liquid smoke

Wash and peel the potato. Cut into thin, 1/10-inch slices; consider using a mandolin slicer or the slicer blade in a food processor to achieve consistent slices.

Fill a large bowl with 3 to 4 cups very cold water. Transfer the potato slices to

the bowl and soak them for 20 minutes.

In a small bowl, combine the garlic salt, sugar, onion powder, chipotle powder, sea salt, mustard, and cayenne.

Rinse and drain the potato slices and pat them dry with a paper towel. Transfer them to a large bowl. Add the oil,

liquid smoke, and spice mixture to the bowl. Toss to coat. Transfer the potatoes to the air fryer basket.

Cook at 390°F for 20 minutes. Shake every 5 minutes to keep an eye on the progress. You want brown, but not burnt, chips. Eat these right away!

Serves 4

No-Oil Option: Omit the
canola oil.

Soy Curl Fries

I suspect you'll be cooking a lot of potatoes in your air fryer. Here's an alternative fry that is great for snacking but could easily serve as

an entrée. Chop these fries and serve them as a topping on a salad or roll them up in a tortilla with raw veggies and nondairy mayo for a quick sandwich wrap.

1 cup dry Soy Curls

1 cup hot vegan chicken
broth

1/2 teaspoon chili powder

1 teaspoon brown rice flour

1 teaspoon cornstarch

1 teaspoon chipotle avocado
oil (or plain avocado oil plus
1/2 teaspoon chipotle
powder)

Rehydrate the Soy Curls in

the hot broth for 10 minutes. Drain the Soy Curls and gently press them with tongs to remove the excess liquid.

Transfer the drained Soy Curls to a large bowl. Add the chili powder, flour, cornstarch, and oil. Toss until well coated.

Transfer the Soy Curls to the

air fryer and cook at 390°F for 8 minutes, shaking halfway through the cooking time.

Serves 2

No-Oil Option: Omit the avocado oil and use 1 tablespoon vegetable broth.

Seasoned French Fries

These tasty spuds are a great alternative to plain fries. You can have so much fun with the spices and seasonings. Use curry

for an Indian-inspired snack or parsley and oregano for a taste of Italy.

2 large russet potatoes,
scrubbed

1 tablespoon avocado oil or
extra-virgin olive oil

1 teaspoon dried dill

1 teaspoon dried chives
1 teaspoon dried parsley
1 teaspoon cayenne pepper
2 tablespoons chickpea, soy,
buckwheat, or millet flour

Cut the potatoes into 1/4-inch slices, then cut the slices into 1/4-inch strips. Transfer the fries to a large bowl and cover them in 3 to 4 cups water. Soak the fries for 20

minutes. Drain, rinse, and pat dry.

Return the potatoes to the bowl. Add the avocado oil, dill, chives, parsley, cayenne, and flour. Toss until well coated.

Preheat the air fryer to 390°F for 3 minutes. Transfer the coated potatoes to the air

fryer basket. Cook for 20 minutes, shaking halfway through the cooking time.

Serves 2 to 4

No-Oil Option: Omit the avocado oil.





Jalapeño Poppers

All the credit for this recipe goes to my husband. Don't get me wrong, I wanted to make these, but it was Dave who reached

back into his way-back, pre-vegan food memories, and this simple and delectable recipe was born.

8 large jalapeños

1 cup nondairy cream cheese

1/4 cup finely chopped onion

1 cup unseasoned dry bread

crumbs

2 teaspoons dried Mexican
oregano

1/2 teaspoon freshly ground
black pepper

1/2 to 1 teaspoon salt, or to
taste

2 to 3 spritzes extra-virgin
olive oil

When preparing the
jalapeños, consider wearing

latex gloves to avoid irritating your skin. Cut the jalapeños in half lengthwise, following the curve of the peppers. With a small spoon or your fingers, scoop out the seeds and the membrane, as they contain the heat of the jalapeños (leave a few seeds if you want extra heat). Set the sliced jalapeños aside.

In a small bowl, mix together the cream cheese and onion.

In a medium bowl, combine the bread crumbs, Mexican oregano, pepper, and salt.

Fill each jalapeño half with approximately 2 teaspoons of the cream cheese mixture, pressing it into the cavity with your fingers. Sprinkle 1

1/2 teaspoons of the bread crumb mixture over the cream cheese. Press the bread crumbs into the cream cheese.

Spritz the air fryer basket with the oil. Place as many jalapeño poppers into the air fryer basket as will fit (you may have to cook in batches). Spritz the top of the poppers with additional oil (this will

help them brown). Cook at 390°F for 6 to 7 minutes, or until the bread crumbs are golden brown.

Serves 4 to 6

No-Oil Option: Omit the olive oil (but note that the final result may not be golden brown).

Spicy Mac 'n' Cheese Balls

I'm not supposed to have favorites in this book, but c'mon! The title sounds like the opposite of healthy, but take a long, hard

look at the ingredient list: it is mostly whole foods with a wee bit of nondairy cheese. For a real treat, dip these into a simple warmed marinara sauce with a pinch of red pepper flakes.

2 3/4 cups vegan chicken
broth, divided

1 cup whole-wheat fusilli

1 tablespoon nondairy butter

2 cloves garlic, minced

1/4 cup finely chopped
yellow onion

1/4 cup plus 1 tablespoon
chickpea flour, divided

1/4 cup nutritional yeast

1 teaspoon fresh lemon juice

1/4 cup nondairy shredded

Daiya Jalapeño Havarti

Style Farmhouse Block or

Pepperjack Style cheese

1/4 teaspoon black pepper

2 flax eggs (see here) or 2

tablespoons Follow Your

Heart VeganEgg or Ener-G

Egg Replacer

1/2 cup ice cold water

1/2 cup dry Italian bread

crumbs

1 teaspoon smoked paprika

1 teaspoon cayenne pepper

1/4 cup nondairy shredded

Parmesan cheese

3 to 4 spritzes extra-virgin
olive oil

In a large saucepan, bring 2
1/2 cups of the broth to a boil
over medium-high heat. Add
the fusilli and cook for 11

minutes.

In a small saucepan, heat the butter, garlic, and onion over medium-low heat. Once the butter is boiling, reduce the heat to low and simmer for 5 minutes.

Add 1 tablespoon of the chickpea flour to the butter and whisk to make a roux.

Drain the cooked fusilli and return it to the large saucepan. Transfer the roux to the pasta and stir in the nutritional yeast, lemon juice, and cheese. Add as much of the remaining 1/4 cup broth as necessary for a creamy consistency. Transfer the fusilli to a large bowl, cover, and refrigerate for 1 to 2

hours.

Set up 3 dredging stations. Pour the remaining 1/4 cup of chickpea flour in a shallow bowl. Combine the flax eggs and cold water in a second shallow bowl. Combine the bread crumbs, smoked paprika, and cayenne in a third shallow bowl. Preheat the air fryer to 390°F for 3

minutes.

Scoop out 2 tablespoons of the chilled mac 'n' cheese and roll into a ball until you have made 8 balls. Roll each ball in the chickpea flour (shaking each one to remove excess flour), then dip the ball into the flax egg, and finally coat the ball with the bread crumb mixture. Set

each one aside on a plate or piece of parchment paper until all 8 mac 'n' cheese balls are prepared.

Transfer the balls to the air fryer basket. Cook for 8 minutes or until golden brown.

Makes 8 mac 'n' cheese balls

Fried Vegetable Wontons

Here's another great starter for your next Asian meal. Though, with the use of tofu, might I suggest

dumplings for dinner?

1/4 cup finely chopped
carrots

1/4 cup finely chopped extra-
firm tofu

1/4 cup finely chopped
shiitake mushrooms

1/2 cup finely chopped
cabbage

1 tablespoon minced garlic

1 teaspoon dried ground
ginger

1/4 teaspoon white pepper

2 teaspoons soy sauce,
divided

1 teaspoon sesame oil

2 teaspoons potato starch or
cornstarch

16 vegan wonton wrappers

1 to 2 spritzes canola oil or

extra-virgin olive oil
Spicy Soy Dipping Sauce
(follows)

In a large bowl, combine the carrots, tofu, mushrooms, cabbage, garlic, ginger, white pepper, and 1 teaspoon of the soy sauce.

In a small bowl, combine the remaining 1 teaspoon soy

sauce, sesame oil, and potato starch. Whisk until the starch is completely combined. Pour over the tofu and vegetables and combine well using your hands.

Set a small bowl of water next to your work surface to make the dumplings. Lay a wonton wrapper flat, wet the sides with water using your

finger, and place 1 tablespoon of the filling in the center. Pull all 4 corners of the wrapper up to the top and center and pinch them together. Set the wontons in the air fryer basket. Repeat this process, making a total of 16 wontons. Spritz the wontons with the canola oil. Cook at 360°F for 6 minutes,

shaking halfway through the cooking time.

Transfer the fried wontons to a plate and serve with the dipping sauce.

Makes 16 wontons

Low-Oil Option: Omit the canola oil.

Spicy Soy Dipping Sauce

1 tablespoon low-sodium soy
sauce

1 teaspoon rice vinegar

1/2 teaspoon chili paste

In a small bowl, combine the

soy sauce, vinegar, and chili
paste.

Makes 1 1/3
tablespoons

Szekely Goulash Pastry Bites

In my cookbook,
Vegan Pressure
Cooking, I created a
chickpea version of a
traditional Hungarian

dish that my husband
ate at family
gatherings while
growing up. This time
around, Dave was an
active participant
(okay, creator), and his
seitan version of New
World Hungarian
makes for a clever

little appetizer.

2 teaspoons extra-virgin olive
oil or canola oil

4 ounces Baked Chick'n-
Style Seitan or store-bought
seitan, cut into 1/4-inch
cubes

1/2 cup finely chopped onion
1 clove garlic, minced

1/4 to 1/2 teaspoon salt, to
taste

1/4 teaspoon ground black
pepper, or more to taste

1/2 teaspoon ground cumin

2 teaspoons paprika, divided

8 ounces sauerkraut, drained
well

1/2 cup nondairy sour cream,
divided

Unbleached all-purpose flour,

as needed

8 uncooked vegan crescent
rolls

In a medium saucepan, heat the oil over medium heat. Once the oil is hot, add the seitan, stirring to coat it in the oil. Add the onion, garlic, salt, pepper, cumin, and 1 1/2 teaspoons of the paprika. Sauté for 3 to 5 minutes, until

the onion is translucent.

Add the sauerkraut and stir gently to incorporate. Cook for 5 minutes longer. Add 1/4 cup of the sour cream, stirring well, and cook for 3 to 5 minutes. Preheat the air fryer to 360°F for 4 minutes.

Sprinkle a work surface with flour. Place a crescent roll

triangle on the prepared surface and shape the dough into a square. Roll the dough with a floured rolling pin to achieve a thin, 4-inch square.

Spoon 1/4 cup goulash into the middle of the pastry square. Fold by bringing each corner to the center and pinch them together to form a tuft on top. Repeat this process to

form 8 pastry bites.

Transfer the pastry bites to the air fryer basket. Cook at 360°F for 5 minutes, until golden brown.

Add the remaining 1/4 cup sour cream to a dipping bowl. Sprinkle with the remaining 1/2 teaspoon paprika.

Using tongs, remove the

pastry bites from the air basket gently, as there may be some sticking, and place them on a plate. Serve the bites with the sour cream (and a fork and knife).

Serves 4 (makes 8 bites)

No-Oil Option: Omit the olive oil.

Fried Avocado

I first made these as an appetizer for a big Mexican feast. But they are also great as a filling for tacos—simply place the fried avocado in a warm

corn tortilla and
garnish with finely
diced tomatoes, fresh
cilantro, and a wedge
of lime to squeeze
over the taco.

1/4 cup unbleached all-
purpose flour

1 Flax Egg ([see here](#))

1/2 cup panko bread crumbs
1 teaspoon chili powder
1 ripe Hass avocado, pitted
and peeled
2 to 3 spritzes canola oil or
extra-virgin olive oil

Place the flour in a shallow dish. Place the flax egg in a second shallow dish. In a third shallow dish, combine the panko bread crumbs and

chili powder.

Dredge each avocado half through the three coating stations: cover it in flour, dip it in the flax egg, and coat it with the panko bread crumbs.

Spritz the air fryer basket with the oil. Place the coated avocado halves in a single layer in the air fryer basket.

Spritz the avocado halves with oil. Cook at 390°F for 12 minutes.

Serves 2

No-Oil Option: Omit the canola oil.

Beany Jackfruit Taquitos

Taquitos (or flautas) are essentially rolled corn-tortilla tacos that are fried. While taquitos are

traditionally filled with beef or chicken, this vegan version uses jackfruit, an odd plant-based ingredient that gets stringy and meaty when cooked. The addition of beans to the jackfruit boosts protein content and

satiety.

1 (14-ounce) can water-packed jackfruit, drained and rinsed

1 cup cooked or canned red beans, drained and rinsed

1/2 cup pico de gallo sauce

1/4 cup plus 2 tablespoons water

4 (6-inch) corn or whole
wheat tortillas

2 to 4 spritzes canola oil or
extra-virgin olive oil

In a medium saucepan or
pressure cooker, combine the
jackfruit, beans, pico de gallo,
and water. If you are using a
saucepan, heat the jackfruit
mixture over medium-high
heat until it begins to boil.

Reduce the heat, cover the saucepan, and simmer for 20 to 25 minutes. If you are using a pressure cooker, cover the pressure cooker, bring to pressure, cook at low pressure for 3 minutes, and then use a natural release.

Mash the jackfruit mixture with a fork or potato masher. You're aiming to shred the

jackfruit to a meaty texture. Preheat the air fryer to 370°F for 3 minutes.

Place a tortilla on a work surface. Spoon 1/4 cup of the jackfruit mixture onto the tortilla. Roll it up tightly, pushing any of the mixture that falls out back into the tortilla. Repeat this process to make 4 taquitos.

Spritz the air fryer basket with the oil. Spritz the tops of the tortillas as well. Place the rolled tortillas into the air fryer basket. Cook at 370°F for 8 minutes.

Makes 4 taquitos

No-Oil Option: Omit the canola oil.





Air-Fried Pretzels

This recipe requires a bit more work than some of the others, but it's worth it! Serve these pretzels piping hot with a hearty,

whole-grain brown
mustard. Or take a
look at the variations
below. You can use
this same recipe to
make forty pretzel
bites or six super
special hot dog buns!

3/4 cup warm water (110 to 115°F)

1 teaspoon instant yeast

1/2 teaspoon salt

2 teaspoons granulated sugar

1 1/2 cups unbleached all-purpose flour, divided, plus more as needed

4 1/2 cups water

1/4 cup baking soda

1 1/4 teaspoons coarse sea

salt

Whisk together the warm water and yeast in a large measuring cup. Add the salt and sugar and stir until combined.

In a medium mixing bowl, combine 1 cup of the flour with the yeast mixture, stirring with a wooden spoon.

Add another 1/4 cup flour, stirring until the dough is no longer sticky and is easy to handle.

Scatter the remaining 1/4 cup flour on a work surface. Transfer the dough to the work surface and knead it for 3 to 4 minutes. Add more flour if the dough sticks to the work surface or your hands.

After kneading the dough, shape it into a 5 x 5 x 1/2-inch square.

In a large pot over medium-high heat, bring the water and baking soda to a boil.

Meanwhile, cut the block of dough lengthwise into 5 strips.

Roll each strip out into 12-

inch ropes. Take both ends of a rope, draw them together, and make a full twist, using your hands to shape a circle with the dough still on the work surface. Press the ends of the dough into the circle, forming the iconic pretzel shape. Repeat this process with the remaining ropes, making 5 pretzels.

Place 1 pretzel on a slotted spoon and place it gently into the boiling water. It will sink and then float to the top in about 20 to 30 seconds. Remove the pretzel with a slotted spoon and transfer to it a silicone baking mat or piece of parchment paper.

Repeat this process with the remaining 4 pretzels.

Preheat the air fryer to 390°F for 5 minutes. Sprinkle 1/4 teaspoon salt on each pretzel.

Transfer the pretzels to the air fryer basket. If using a large air fryer with a rack accessory, you can place 2 larger pretzels directly on the basket and 3 smaller on the rack. If you are using a smaller air fryer or if there is

no rack available, fry the pretzels in batches.

Cook at 390°F for 5 to 6 minutes. Begin checking on them at 3 minutes. You're looking for a golden to dark brown result. Remove the pretzels from the air fryer with a spatula.

Makes 5 pretzels

Variations

Pretzel Bites: Follow the preceding instructions for pretzels but instead of forming the dough into pretzels, cut each of the 5 ropes into 1-inch bites.

Makes about 40
pretzel bites

Pretzel Hot Dog

Buns: Follow the preceding instructions for pretzels. Once you have kneaded the dough for 3 to 4 minutes, shape the

dough into a 6 x 5-inch rectangle. Cut the dough lengthwise into 6 pieces. Shape each piece into a 5-inch long bun.

In a large pot over medium-high heat, bring the water and

baking soda to a boil. Gently place 2 buns at a time into the boiling water. The buns will sink and then float to the top in about 30 seconds. Remove the buns with a large slotted spoon and transfer them to a

piece of parchment paper. Repeat this process with the remaining buns.

Preheat the air fryer to 390°F for 5 minutes. Transfer the pretzel buns to the air fryer basket. If using a large

air fryer with a rack accessory, you can place 3 buns directly on the basket and 3 on the rack. If you are using a smaller air fryer or if no rack is available, fry the hot dog buns in batches. Cook at 390°F for 6 to

7 minutes, until the buns turn golden to dark brown. Remove the buns from the air fryer with a spatula.

Let the buns cool for 10 minutes before slicing lengthwise along their tops.

Makes 6 hot dog buns

Fried Tofu with Peanut Sauce

When I dine out at Asian restaurants, I often want to order the tofu appetizer but find it either bland or not

vegan (bonito flakes are often used). Here's the crispy tofu appetizer I dream of.

Fried Tofu

1 (12-ounce) package firm tofu, drained and pressed (see here)

1/2 cup cornmeal

1/4 cup cornstarch

1/2 teaspoon sea salt

1/2 teaspoon white pepper

1/2 teaspoon red pepper
flakes

1 to 2 spritzes sesame oil

Peanut Sauce

1 (1-inch) piece fresh ginger,
peeled

1 clove garlic

1/2 cup creamy peanut butter

2 tablespoons low-sodium
tamari

1 tablespoon fresh lime juice

1 teaspoon maple syrup

1/2 teaspoon chili paste

1/4 to 1/2 cup water, as
needed

1/4 cup finely chopped
scallions

Tofu: Cut the tofu into 16
cubes and set aside. In a

medium bowl, combine the cornstarch, cornmeal, salt, white pepper, and red pepper flakes. Add the cubed tofu and coat well. Transfer the tofu to the air fryer basket. Spritz with the sesame oil. Cook for 20 minutes at 350°F, shaking gently halfway through the cooking time.

Peanut Sauce: Pulse the ginger, garlic, peanut butter, tamari, lime juice, maple syrup, and chili paste in a blender until smooth. Add water, if needed for a thick consistency that is thin enough to drizzle. To serve, transfer the tofu to a serving platter. Pour the peanut sauce into a small dipping bowl and

top with the scallions.

Serves 4

No-Oil Option: Omit the
sesame oil.

Breaded Mushrooms

Let's make simple fried mushrooms a bit more sophisticated, shall we? I use portobello mushrooms, because they are so

meaty and easier to handle when breading and frying without a lot of oil.

2 large portobello mushroom caps, lightly rinsed and patted dry

1/2 cup soy flour

1/2 teaspoon granulated

onion

1/4 teaspoon dried oregano

1/4 teaspoon dried basil

1/4 teaspoon granulated
garlic

1/2 teaspoon black pepper,
divided

1/2 cup ice cold water

2 tablespoons Follow Your
Heart VeganEgg or 1 Flax
Egg (see here)

1/8 cup soymilk

1 teaspoon low-sodium
tamari

1 cup panko bread crumbs

1/4 teaspoon sea salt

1 to 2 spritzes canola oil or
extra-virgin olive oil

Cut the portobello caps into
1/4-inch thick slices.

Combine the flour, granulated
onion, oregano, basil,

granulated garlic, and 1/4 teaspoon of the pepper in a shallow dish or plate.

Whisk together the water and VeganEgg. Pour the mixture into a shallow bowl. Add the soymilk and tamari. Pour the panko bread crumbs into a third shallow dish or plate and add the salt and remaining black pepper,

mixing well.

Working in batches, place the mushrooms in the flour mixture, dredging to coat them well. Shake off any excess flour and dip the mushrooms in the milk mixture. Shake off any excess liquid, then place the mushrooms in the bread crumbs and coat them well.

Place the breaded mushrooms on a plate covered with parchment paper and repeat this process until all the mushrooms are breaded.

Spray the air fryer basket with the oil.

Place the breaded mushrooms in the air fryer basket (you may

have to do this in batches) and cook at 360°F for 7 minutes, shaking halfway through the cooking time.

Serves 2 to 4

Note

To gill or not to

gill? Many recipes call for scraping out the black “gills” after stemming the portobello cap. I say leave ’em there.

Because we’re cooking these quickly, we don’t need to worry about the final

product discoloring.
Besides, it makes the
fried mushrooms even
meatier!





Vegan Wings

These chicken-friendly, plant-based wings are super compassionate and super spicy. Though using homemade seitan is always nice, I

really love using packaged seitan for this recipe. In a matter of minutes, you can serve them over a vegan Caesar salad or roll the wings and lettuce up in a large whole wheat tortilla for a hearty sandwich

wrap.

1/4 cup nondairy butter

1/2 cup Frank's RedHot

Original Cayenne Pepper

Sauce or your favorite

cayenne hot sauce

2 cloves garlic

16 to 18 ounces Baked

Chick'n-Style Seitan , cut

into 8 to 10 pieces, or
WestSoy or Pacific brands
chicken-style seitan
1/4 cup chickpea flour
1/4 cup cornmeal

Combine the butter, hot
sauce, and garlic in a small
saucepan over medium heat
for 3 to 5 minutes. Pour half
of the sauce in a bowl. Set
aside.

Add the seitan pieces to the sauce in the pan. Mix well to coat the seitan.

Combine the flour and cornmeal in a shallow bowl.

Preheat the air fryer to 370°F for 3 minutes. Dredge the seitan pieces in the flour mixture, coating them well. Place the seitan in the air

fryer. Cook at 370°F for 7 minutes, shaking at 3 minutes.

Transfer the wings to the bowl with the reserved hot sauce. Toss and serve with nondairy blue cheese or ranch dressing.

Serves 4



Note

These wings are spicy. If you want to cut the heat, reduce the amount of hot sauce and replace it an equal amount of vegetable broth.

Roasted Barbecue Chickpeas

These are great as a snack eaten like nuts or sprinkled over a salad as a crouton. Chickpeas are a great

source of protein and fiber, so it's a little hard to feel guilty if you happen to eat the entire batch.

1 (15-ounce) can chickpeas,
drained, rinsed, and patted
dry

1 teaspoon peanut oil

1/2 teaspoon maple syrup

1 teaspoon paprika

1 teaspoon garlic powder

1/2 teaspoon black pepper

1/2 teaspoon ground mustard

1/2 teaspoon chipotle powder

Combine the chickpeas, oil, and maple syrup in a large bowl, tossing the chickpeas to coat. Sprinkle the paprika, garlic powder, pepper,

mustard, and chipotle powder over the chickpeas and combine until all the chickpeas are well coated.

Transfer the chickpeas to the air fryer basket. Cook at 400°F for 15 minutes, shaking every 5 minutes.

Serves 4

No-Oil Option: Omit the

peanut oil.

Note

Save that bean water when you drain the chickpeas! Known as aquafaba, the chickpea water can be used to make Onion Rings .



5



One of the things I've enjoyed most since getting an air fryer is the varied ways to enjoy vegetables. If you follow a vegan diet, you know that we eat lots of vegetables. And sometimes we just

keep eating them the same way. I believe that one way to keep a vegan diet exciting is to experiment with textures and flavor profiles. And we sure are doing that in this chapter! These recipes are great as after-

school snacks and as
sides to lunch or
dinner.

On the Side

Balsamic Herbed
Tomatoes

Parsnip Fries

Buffalo
Cauliflower

Cheesy Dill

Polenta Bites

Roasted Brussels
Sprouts

Roasted Acorn
Squash

Onion Rings

Maple Butternut
Squash

Kale Chips

Fried Green
Tomatoes

Eggplant
Parmesan

Mixed Vegetable
Fritters

Cheesy Potato
Wedges

Hasselback

Potatoes

Poutine 	

Sweet Potato
Fries

Kale and Potato
Nuggets

Umami Fries

Balsamic Herbed Tomatoes

This is an aromatic tomato recipe that shows up regularly in our meal rotation as a colorful, nutritious

side dish. Cook the tomatoes longer and you have quickie stewed tomatoes for sauces and soups. Note that firm, red tomatoes are ideal, as they stand up to the heat incredibly well.

1/4 cup balsamic vinegar

1/2 teaspoon coarse sea salt

1/4 teaspoon ground black
pepper

1 tablespoon dried oregano

1 teaspoon red pepper flakes

2 large, firm tomatoes, each
cut into 4 slices

Extra-virgin olive oil spray

Pour the vinegar into a
shallow dish. Stir in the salt,

pepper, oregano, and red pepper flakes.

Dip each tomato slice into the vinegar mixture. Preheat the air fryer to 360°F for 3 minutes.

Arrange the tomatoes, in a single layer, on a grill insert or directly in the air fryer (you should be able to cook 2

to 4 slices at a time, depending upon the size of your air fryer). To increase the cooking capacity, place a rack accessory over the grill insert or basket, which will allow for two layers of tomatoes to cook at once.

Spoon the remaining vinegar mixture over each tomato. Spritz the oil over the

tomatoes. Cook at 360°F for 5 to 6 minutes. Remove the tomatoes carefully with a spatula.

Serves 4

No-Oil Option: Omit the olive oil spray.

NOTE

To make “stewed” tomatoes, cook at

400°F for 6 minutes. Add the tomatoes to a recipe using tomatoes (such as soup, chili, or marinara sauce) or store them in an airtight container to use later (you can store them up to 3 days in the refrigerator). They

will fall apart from the
roasting, and that's a
good thing!





Parsnip Fries

As a vegan cooking coach, I swoop into a client's kitchen and work side by side with them to prepare a week's worth of food. I leave them with a set

of skills by which they can continue plant-based cooking on their own. One client, Laura, loves parsnips. She and I jump-started this recipe. This sweet root vegetable tastes terrific here with the peppery spices.

2 medium parsnips, trimmed
and well washed

1 teaspoon avocado oil or
canola oil

1 teaspoon ground cinnamon

1/2 teaspoon ground cumin

1/2 teaspoon paprika

1/2 teaspoon ground
coriander

1/2 teaspoon sea salt

1/4 teaspoon black pepper
1/2 teaspoon cornstarch
1 tablespoon spelt flour or
brown rice flour

Trim the tops and bottoms of the parsnips. Slice in half lengthwise. Halve or quarter the thick parts lengthwise, until all parsnip pieces are roughly the same size.

Transfer them to a large bowl. Add the oil, cinnamon, cumin, paprika, coriander, salt, and pepper.

In a small bowl, combine the cornstarch and flour. Sprinkle the cornstarch mixture over the parsnips and toss with tongs until well coated.

Cook the parsnips at 370°F

for 15 minutes, or until golden brown, shaking halfway through the cooking time.

Serves 2 to 4

No-Oil Option: Omit the avocado oil.

Buffalo Cauliflower

Hot and spicy are two culinary terms that we love in our kitchen. Jessica Schoech, a member of my Facebook group,

Vegan Air Frying
Enthusiasts, offered an
online class
demonstrating a
flavorful air-fried
Buffalo cauliflower
that demystified using
batter in the air fryer.
Following is my take,
with fewer steps,

inspired by that class.

1 large head cauliflower

1 cup unbleached all-purpose
flour

1 teaspoon vegan chicken

bouillon granules (or Butler
Chik-Style Seasoning)

1/4 teaspoon cayenne pepper

1/4 teaspoon chili powder

1/4 teaspoon paprika

1/4 teaspoon dried chipotle
chile flakes

1 cup soymilk

Canola oil spray

2 tablespoons nondairy butter

1/2 cup Frank's RedHot

Original Cayenne Pepper
Sauce or your favorite
cayenne hot sauce

2 cloves garlic, minced

Cut the cauliflower into bite-size pieces. Rinse and drain the cauliflower pieces.

Combine the flour, bouillon granules, cayenne, chili powder, paprika, and chipotle flakes in a large bowl. Slowly whisk in the milk until a thick batter is formed.

Spray the air fryer basket

with canola oil and preheat the air fryer to 390°F for 10 minutes.


While the air fryer is preheating, toss the cauliflower in the batter. Transfer the battered cauliflower to the air fryer basket. Cook for 20 minutes on 390°F. Using tongs, turn the cauliflower pieces at 10

minutes (don't be alarmed if they stick).

After turning the cauliflower, heat the butter, hot sauce, and garlic in a small saucepan over medium-high heat. Bring the mixture to a boil, reduce the heat to simmer, and cover. Once the cauliflower is cooked, transfer it to a large bowl.

Pour the sauce over the cauliflower and toss gently with tongs. Serve immediately.

Serves 2 to 4

 This is one messy dish. The batter may drip through mesh air fryer baskets. Not to

worry; air fryers are
easy to clean!



Cheesy Dill Polenta Bites

Add a little coconut milk and nutritional yeast when cooking polenta to achieve the elusive flavor and texture of dairy foods.

Shelf-stable light
culinary coconut milk
can be found in cans or
cartons in the ethnic
aisle of the grocery
store or with other
shelf-stable plant-
based milks. These
bites are a tasty snack:
dip them in marinara

sauce or nondairy
ranch dressing to up
the flavor ante.

1 cup light culinary coconut
milk

3 cups vegetable broth

3 cloves garlic, minced

1/2 teaspoon ground turmeric

1/2 teaspoon dried dill

1 cup dried polenta or
cornmeal

1 tablespoon nondairy butter

2 tablespoons nutritional
yeast

1 teaspoon fresh lemon juice

Canola oil spray

For the Polenta:

In a pressure cooker or

Instant Pot: Combine the

milk, broth, garlic, turmeric, dill, and polenta in an uncovered pressure cooker (or a multicooker, such as an Instant Pot). Cover the pressure cooker and bring to pressure. Cook on high pressure for 5 minutes. Use a natural release after 15 minutes. If using a multicooker, choose manual and high pressure for 5 minutes. Remove the lid and

stir in the butter, nutritional yeast, and lemon juice.

On the stovetop: Bring the milk, broth, garlic, turmeric, and dill to a boil over medium-high heat in a large saucepan. Pour the polenta slowly into the boiling milk mixture, whisking constantly until all the polenta is incorporated and there are no

lumps. Reduce the heat to low and simmer, whisking often, until the polenta starts to thicken, about 5 minutes. The polenta should still be slightly loose. Cover the saucepan and cook for 30 minutes, whisking every 5 to 6 minutes. When the polenta is too thick to whisk, stir it with a wooden spoon. The

polenta is done when its texture is creamy and the individual grains are tender. Turn off the heat and gently stir the butter into the polenta until the butter partially melts. Mix the nutritional yeast and lemon juice into the polenta. Cover the saucepan and let the polenta stand 5 minutes to thicken.

Set the hot polenta aside to cool (you can transfer the polenta to a medium bowl and refrigerate for 15 minutes to speed up the process).

For the Polenta Bites:

Roll 1/8-cup scoops of polenta into balls and arrange them in the air fryer in a single layer. (Depending

upon the size of your air fryer, you may have to cook in batches.) Spritz them with the canola oil. Cook at 400°F for 12 to 14 minutes, shaking at 6 minutes.

Makes 20 polenta bites

No-Oil Option: Omit the butter and oil spray.

Tip

Buy a tube of shelf-stable polenta. Slice and coat in nutritional yeast and dried dill. Cook at 400°F for 12 to 14 minutes, shaking at 6 minutes.



Roasted Brussels Sprouts

The first time I tried Brussels sprouts in the air fryer, I knew it was a game changer. The crispy brown leaves

surrounding the tender insides were ready in twelve minutes instead of thirty, and that's all I needed to know. I'm a big fan of Asian-style savory sauces and marinades, as you'll see in this recipe.

1 pound Brussels sprouts
2 tablespoons soy sauce
1 tablespoon rice vinegar
1 teaspoon canola oil
1 tablespoon minced garlic
1/2 teaspoon white pepper

Trim the bottoms of the Brussels sprouts, and slice each sprout in half from top

to bottom (the outer leaves will fall off easily). Rinse and drain. Transfer the Brussels sprouts to a large bowl.

Whisk together the soy sauce, vinegar, oil, garlic, and white pepper in a small bowl. Pour over the Brussels sprouts. Toss gently with tongs, coating well.

Preheat the air fryer to 390°F for 3 minutes. Transfer the Brussels sprouts to the air fryer basket. Cook for 12 minutes, shaking halfway through the cooking time.

Serves 4 to 6

No-Oil Option: Omit the canola oil.



Roasted Acorn Squash

This is simple to prepare and my no-oil approach to garlic butter (or, in this case, sauce) makes it an all-around wholesome

dish. You have a couple of fun serving options, too. Simply slice and serve the squash halves as sides or use each half as an edible serving vessel for things like brown rice or quinoa. For a beautiful sweet and

savory appetizer, fill each half with the Caramelized Fruit-and-Nut Topping or the caramelized pear and onion used in the Gourmet Grilled Cheese .

1 (16-ounce) acorn squash,
washed

1/4 cup vegetable broth

2 tablespoons nutritional
yeast

3 cloves garlic, minced

Split the squash in half and
scoop out the seeds with a
spoon. (Set the seeds aside to
make the Tamari Squash
Seeds . Slice off the end of

each piece to make a flat bottom.

Place each squash half in the air fryer, flesh-side up. Cook at 360°F for 10 minutes.

In a small bowl, whisk together the broth, nutritional yeast, and garlic.

After 10 minutes, open the air fryer basket and pour 1/8 cup

of the garlic sauce over one squash half and 1/8 cup over the other squash half. The sauce will settle into the “bowl” of the squash. Use a brush to coat the top of the squash. Increase the heat to 390°F and continue cooking for 5 minutes longer, until the squash is tender.

Remove the squash halves

from the air fryer and slice them or use them as edible serving bowls.

Serves 2

Tamari Squash Seeds

Sure, pumpkin
seeds are all the
rage, but let's not
waste the
delectable seeds
found in the

butternut and
acorn squash.
They are a great
source of fiber
and they pack a
protein punch.

1/4 to 1/2 cup acorn or
butternut squash
seeds (the amount
varies by the size of

squash)

2 tablespoons low-
sodium tamari or
low-sodium soy
sauce

1/4 teaspoon white
pepper or freshly
ground black pepper

Rinse the squash
seeds well,

removing any
strings or bits of
squash. Transfer
them to a small
bowl or
measuring cup.
Pour the tamari
over the seeds
and let them
marinate for 30

minutes.

Drain (but don't rinse) the seeds.

Preheat the air fryer to 390°F for 3 minutes.

Transfer the seeds to the air fryer basket and

sprinkle with the
white pepper.
Cook at 390°F
for 6 minutes,
shaking halfway
through the
cooking time. Eat
the seeds
immediately or
store them in an

airtight container
for 3 days.

Serves 1 to 2

Onion Rings

Vegans miss onion rings! Commonly made with eggs and buttermilk, vegan versions are rarely available at restaurants or in the frozen food

aisle of a grocery store. (But if you find Alexia or Ian's brands onion rings at the store, grab 'em: they're vegan!). In this recipe, aquafaba (canned-chickpea water) stands in for the egg.

1 large onion, cut into 1/4-
inch thick slices

1 cup unbleached all-purpose
flour

1/4 cup chickpea flour

1 teaspoon baking powder

1 teaspoon sea salt

1/2 cup aquafaba or vegan
egg substitute (see here)

1 cup soymilk

3/4 cup panko bread crumbs

Preheat the air fryer to 360°F for 5 minutes. Separate the onion slices into rings.

Combine the all-purpose flour, chickpea flour, baking powder, and salt in a small bowl.

Dredge the onion slices in the flour mixture until well

coated. Set aside.

Whisk the aquafaba and milk into the remaining flour mixture. Dip the floured onion rings into the batter to coat.

Spread the panko bread crumbs on a plate or shallow dish and dredge the rings into the crumbs, covering well.

Place the onion rings into the air fryer in a single layer and cook for 7 minutes at 360°F, shaking halfway through the cooking time. If you have a smaller air fryer, you may have to cook in batches.

Serves 2 to 4

Maple Butternut Squash

This is one of my favorite winter squash varieties. Not only is it a warm, comforting fall food, but it's high

in fiber and potassium.
Great-tasting food
that's good for you is a
win-win. Serve this
roasted vegetable as a
side with baked tofu
and steamed
vegetables or tossed
with sautéed greens.
Save those seeds to

make Tamari Squash Seeds .

1 large butternut squash,
peeled, halved, seeded, and
cut into 1-inch chunks

1 teaspoon extra-virgin olive
oil or canola oil

2 tablespoons maple syrup

1 teaspoon ground cinnamon

1/2 teaspoon ground
cardamom

1/2 teaspoon dried thyme

1/2 teaspoon sea salt

Preheat the air fryer to 390°F.
Place the squash into a large
mixing bowl. Add the oil,
maple syrup, cinnamon,
cardamom, thyme, and salt
and toss to coat the squash.

Transfer the squash to the air fryer basket. Cook for 20 minutes or until browned, shaking halfway through the cooking time.

Serves 4

No-Oil Option: Omit the olive oil.

Kale Chips

Crunchy, leafy green chips are becoming easy to find in grocery stores, but the price tag on kale chips is rather surprising. Though kale chips are

traditionally
dehydrated or baked at
low temperatures—
common in raw vegan
cooking—this is an
easy way to make
crispy kale chips fast.
A word of caution:
some air fryers really
blow the pieces of kale

around. While some accessories include a cover, which keeps the kale away from the heating element, if you pay heed to the kale-massage step in the recipes, the added weight of the oil helps keep the kale in the

basket.

8 cups stemmed kale

1 teaspoon canola oil or
extra-virgin olive oil

1 teaspoon rice vinegar

1 teaspoon soy sauce

2 tablespoons nutritional
yeast

Wash and drain the kale.

Transfer it to a large bowl. Tear the kale into 2-inch pieces. Avoid tearing pieces too small, as some air fryers, with powerful forced air, may pull the kale into the heating element.

Add the oil, vinegar, soy sauce, and nutritional yeast to the bowl. Using your hands, massage all the ingredients

into the kale for about 2 minutes.

Transfer the kale to the air fryer basket. Cook at 360°F for 5 minutes. Shake the basket. Increase the heat to 390°F and cook for 5 to 7 more minutes.

Serves 2 to 4

No-Oil Option: Omit the

canola oil.

Note

Don't be
concerned if you eat
the whole batch. It's
kale. You're fine.



Fried Green Tomatoes

I love fried green tomatoes, though I seldom made them. Notice I used the past tense. Now, I make them often, because

air-frying is so easy and the texture is fantastic. They're great as an appetizer or side dish, and I also love them tossed in a salad.

1/2 cup potato starch

1 cup soy flour, divided

1/4 cup soymilk

2 tablespoons nutritional
yeast

1/2 to 1 teaspoon hot sauce

1/4 cup almond flour

1/4 cup panko bread crumbs

1 teaspoon smoked paprika

1 teaspoon sea salt

1/4 teaspoon black pepper

2 large green or heirloom

tomatoes, cut into 1/2-inch
thick slices

2 to 4 spritzes canola oil

In a shallow dish, combine the potato starch and 1/2 cup of the soy flour.

In a second shallow dish, combine the milk, nutritional yeast, and hot sauce.

In a third shallow dish, combine the remaining 1/2 cup soy flour, almond flour,

panko bread crumbs, smoked paprika, salt, and pepper.

Coat the tomatoes in the potato starch mixture. Shake off any excess starch and then dip the tomatoes in the milk mixture to coat. Shake off any excess milk and then dredge the tomatoes in the seasoned soy flour mixture.

Spritz the air fryer basket with the oil. Place as many tomatoes on the air fryer basket as you can. Spritz the top of the tomatoes with more oil.

Cook at 320°F for 3 minutes. Shake the air fryer basket gently. Increase the heat to 400°F and cook for 2 more minutes.

Makes 6 to 8 fried
green tomatoes

No-Oil Option: Omit the
canola oil.

Eggplant Parmesan

There's only one way you can get me to eat eggplant, and that's breaded and fried. You likely have all the ingredients on hand,

and while the eggplant is cooking in the air fryer, you can heat up your favorite marinara sauce on the stove. It's a fast meal that looks rather fancy.

1 medium eggplant

1/2 cup unbleached all-purpose flour

1 Flax Egg (see here) or equivalent Follow Your Heart VeganEgg or Ener-G Egg Replacer

1 1/2 cups panko bread crumbs

2 to 4 spritzes extra-virgin olive oil

1/2 cup marinara sauce

1/2 cup shredded nondairy
Parmesan cheese

Wash the eggplant and pat dry. Slice the eggplant, making 8 (1/2-inch thick) rounds.

Set up a three-part dredging station using three shallow bowls, with the flour in the first, flax egg in the second,

and panko bread crumbs in the third. Spritz the air fryer basket with the oil.

Dredge an eggplant round into the flour, coating well. Dip the eggplant round into the flax egg, and then dredge it in the panko bread crumbs. Shake off any excess bread crumbs and place the eggplant round into the air

fryer basket. Repeat this process with more of the eggplant rounds. If you have a rack accessory, place it in the air fryer basket and continue coating the remaining eggplant rounds and place them on the rack. If you have a smaller air fryer or no rack to add a second level of cooking, air-fry the

eggplant rounds in 2 or 3 batches. Spritz the top of each eggplant round with olive oil. Cook at 360°F for 12 minutes, until golden brown.

Heat the marinara sauce in a small saucepan over medium heat.

After 12 minutes, open the air fryer and add 1 tablespoon

cheese to each eggplant round and cook for 2 minutes longer. To serve, plate 3 eggplant rounds per person on a small plate. Spoon 2 tablespoons marinara sauce over the eggplant.

Serves 4

No-Oil Option: Omit the olive oil.

Mixed Vegetable Fritters

This is a fun alternative to a vegan burger. Full of veggies, these little gems also boast

nutrient-boosting
flaxseed and peas.

3 tablespoons ground
flaxseed

1/2 cup water

2 medium russet potatoes

2 cups frozen mixed

vegetables (carrots, peas,
and corn), thawed and

drained

1 cup frozen peas, thawed
and drained

1/2 cup coarsely chopped
onion

1/4 cup finely chopped fresh
cilantro

1/2 cup unbleached all-
purpose flour

1/2 teaspoon sea salt

Extra-virgin olive oil for

spritzing

In a small bowl, make a flax egg by mixing the flaxseed and water with a fork or small whisk.

Peel the potatoes and shred them into a bowl. (Or use the grater blade in a food processor; if doing so, transfer the shredded potatoes

back into a bowl.) Add the mixed vegetables and onion to the potatoes. Add the cilantro and flax egg and stir to combine. Add the flour and salt and combine well. Preheat the air fryer to 360°F for 3 minutes.

Scoop out 1/3 cup of the potato mixture to form a patty. Repeat this process

until all of the mixture is used to make fritter patties.

Spritz the fritters with the oil. Transfer the fritters to the air fryer basket (you may need to do several batches, depending upon the size of your air fryer). Cook the fritters for 15 minutes, flipping halfway through the cooking time.

Makes 10 to 12 fritters

No-Oil Option: Omit the
olive oil.





Potatoes Are the Air Fryer's BFF

And now, a nod
to the spud.

Because, as much as I'm delighted by the fact that you can make so many other things in an air fryer, potatoes truly do cook up beautifully.

Potatoes have

gotten a bad rap
in this low-carb
nation, but let us
not forget that
good carbs are,
well, good. Eat
your potatoes!

Cheesy Potato Wedges

I grew up in the Midwest where potato skins were a staple in most restaurants. These days, I'm still a fan of the potato skin,

but I want that potato, too. This is a fun recipe to make for game-day noshing.

Potatoes

1 pound fingerling potatoes

1 teaspoon extra-virgin olive oil

1 teaspoon kosher salt

1 teaspoon ground black
pepper

1/2 teaspoon garlic powder

Cheese Sauce

1/2 cup raw cashews

1/2 teaspoon ground turmeric

1/2 teaspoon paprika

2 tablespoons nutritional
yeast

1 teaspoon fresh lemon juice

2 tablespoons to 1/4 cup

water

Potatoes: Preheat the air fryer to 400°F for 3 minutes. Wash the potatoes. Cut the potatoes in half lengthwise and transfer them to a large bowl. Add the oil, salt, pepper, and garlic powder to the potatoes. Toss to coat. Transfer the potatoes to the air fryer. Cook for 16 minutes, shaking halfway

through the cooking time.

Cheese Sauce: Combine the cashews, turmeric, paprika, nutritional yeast, and lemon juice in a high-speed blender. Blend on low, slowly increasing the speed and adding water as needed. Be careful to avoid using too much water, as you want a thick, cheesy consistency.

Transfer the cooked potatoes to an air fryer–safe pan or a piece of parchment paper. Drizzle the cheese sauce over the potato wedges. Place the pan in the air fryer and cook for 2 more minutes at 400°F.

Serves 4

No-Oil Option: Omit the olive oil.

Hasselback Potatoes

This twist on a traditional baked potato changes the texture: think crispy, like chips. Spoon chili or split pea soup over

it and you've got
yourself a meal.

2 medium russet potatoes

2 spritzes extra-virgin olive
oil

1/4 teaspoon sea salt

2 pinches black pepper

1 teaspoon minced garlic

Wash the potatoes well. To cut the potatoes, lay them down on their flattest sides in a large spoon (to prevent you from slicing all the way through them). With a sharp knife, slice down from the top until the knife makes contact with the spoon. Make 1/8-inch slices across the potatoes.

Spritz the potatoes with the oil (or brush them with vegetable broth) and sprinkle half of the salt and a pinch black pepper on each. Place the potatoes in the air fryer and cook for 20 minutes at 390°F.

Remove the basket from the air fryer and press 1/2 teaspoon garlic in between

the slices of each potato. Return the potatoes to the air fryer and cook for another 15 to 20 minutes. (The total cooking time should be about 35 to 40 minutes; longer if using large potatoes.)

Serves 2

No-Oil Option: Use vegetable broth instead of olive oil.





Poutine

Poutine (pronounced “poo-tin”) is a Canadian dish—originating in Quebec—that is pretty simple: French fries, gravy, and cheese curds.

Here's a vegan version that could be a meal if you use my Mushroom White Bean Gravy .

3 medium russet potatoes, cut into 1/4-inch slices, and cut again into 1/4-inch strips
1 teaspoon peanut oil or canola oil

2 cups Mushroom White
Bean Gravy or Pacific or
Imagine brands mushroom
gravy

1/2 cup coarsely chopped
Daiya Jalapeño Havarti
Style Farmhouse Block
cheese or Follow Your
Heart shredded Parmesan
cheese

Rinse the potato fries in cold

water. Soak for 20 minutes. Rinse, drain, and pat the potatoes dry with a paper towel. Transfer the fries to a large bowl and toss with the peanut oil.

Place the fries in the air fryer basket and cook for 20 minutes at 390°F, shaking halfway through the cooking time.

While the fries are cooking, make the gravy.

When the fries are fully cooked, place them on 4 serving dishes. Sprinkle 2 tablespoons cheese and then spoon 1/2 cup gravy over each serving.

Serves 4

No-Oil Option: Omit the

peanut oil.

Mushroom White Bean Gravy

1/4 cup nondairy butter

3 cloves garlic, coarsely
chopped

1/2 cup coarsely chopped

yellow onion

1 cup coarsely chopped

shiitake mushrooms

1/8 teaspoon dried sage

1/8 teaspoon dried rosemary

1/8 teaspoon ground black
pepper

1 1/4 cups vegetable broth

1/4 cup low-sodium soy
sauce

1 (15-ounce) can white

beans, drained and rinsed
1/8 to 1/4 cup nutritional
yeast flakes

Heat the butter in a small
saucepan over medium-high
heat. Add the garlic and
onion and sauté until the
onion is translucent. Add the
mushrooms, sage, rosemary,
and pepper. Mix well. Stir in
the broth and soy sauce.

Bring the mixture to a boil.

Add the beans. Use an immersion blender in the saucepan to blend the gravy for 20 to 30 seconds, or until smooth. Alternatively, you can transfer the gravy to a blender and blend until smooth, then return the gravy back to the saucepan after blending.

Cover the saucepan, reduce the heat to medium, and cook for 5 minutes, stirring occasionally. Add the nutritional yeast, stir well, then cover the saucepan and simmer for 5 minutes longer, stirring as needed.

Makes about 2 1/2 cups

Sweet Potato Fries

This recipe is a nod to
a now closed
restaurant in Jim
Thorpe, Pennsylvania.
The fries at FLOW
were so good that I

begged the chef to share his secret: beer. Here's my take.

2 large white sweet potatoes,
cut into 1/4-inch slices, and
cut again into 1/4-inch strips
1/4 cup dark vegan beer
1 teaspoon red miso
1 teaspoon canola oil

1 tablespoon light brown
sugar

1 teaspoon ground cinnamon

1/2 teaspoon ground cumin

1/2 teaspoon sea salt

Rinse the fries in cold water. Transfer the fries to a large bowl. In a small bowl, whisk together the beer, miso, and oil. Drizzle the beer mixture over the fries, toss well, and

set aside for 20 minutes.

Drain the fries and return them to the bowl. Sprinkle the brown sugar, cinnamon, cumin, and salt over the fries. Toss until well coated. Cook the fries for 15 to 20 minutes at 320°F, until golden brown.

Serves 2 to 3

No-Oil Option: Omit the

canola oil.

Kale and Potato Nuggets

These bites may seem naughty but they are really nutritious and, most importantly, tasty! This is a great

way to use leftover
mashed potatoes—just
skip the part about
cooking the potatoes.
and use leftover
mashers instead.

2 cups finely chopped
potatoes

1 teaspoon extra-virgin olive

oil or canola oil

1 clove garlic, minced

4 cups loosely packed

coarsely chopped kale

1/8 cup almond milk

1/4 teaspoon sea salt

1/8 teaspoon ground black
pepper

Vegetable oil spray, as
needed

Add the potatoes to a large

saucepan of boiling water. Cook until tender, about 30 minutes.

In a large skillet, heat the oil over medium-high heat. Add the garlic and sauté until golden brown. Add the kale and sauté for 2 to 3 minutes. Transfer to a large bowl.

Drain the cooked potatoes

and transfer them to a medium bowl. Add the milk, salt, and pepper and mash with a fork or potato masher. Transfer the potatoes to the large bowl and combine with the cooked kale.

Preheat the air fryer to 390°F for 5 minutes.

Roll the potato and kale

mixture into 1-inch nuggets. Spritz the air fryer basket with vegetable oil. Place the nuggets in the air fryer and cook for 12 to 15 minutes, until golden brown, shaking at 6 minutes.

Serves 4

No-Oil Option: Omit the olive oil.





Umami Fries

As mentioned in chapter 2, some believe umami—considered the fifth taste in Japanese culinary cuisine—is the secret ingredient to

vegan cooking. It adds a meaty, savory flavor and the Marmite and cider do just that to these fries.

2 large russet potatoes,
scrubbed

1/4 cup hot water

1 tablespoon Marmite or

Vegemite

1 tablespoon apple cider
vinegar

Cut the potatoes into 1/4-inch
slices, then cut the slices into
1/4-inch strips.

Transfer the fries to a shallow
baking pan or rimmed baking
sheet.

Pour the water into a blender.

Turn the blender on low and slowly drizzle in the Marmite. Add the vinegar, increase the blender's speed to high, and blend for just a few seconds. Pour the Marmite mixture over the fries. Toss the fries with tongs or use your hands to make sure the fries are coated with marinade. Cover and set aside for about 15

minutes.

Preheat the air fryer to 360°F for 3 minutes. Drain the fries and transfer them to the air fryer. Cook at 360°F for 16 to 20 minutes, shaking halfway through the cooking time.

Serves 2 to 4

6



When my coaching clients ask me how they will get enough protein, I know that the real question is, “How do I replace the meat on my plate?” Plant foods, especially legumes and beans,

can make hearty, protein-rich entrees, and you'll find them in almost all of these main dish recipes. This chapter features a balance of whole foods, such as Baked Gigante Beans , with vegan versions of

some old favorites
such as pot pie,
meatballs, and even
corn dogs.

Main Dishes

Basic Air-Fried
Tofu

Mongolian Tofu

Sesame-Crusted
Tofu

Sambal Goreng

Tempeh

Tempeh Kabobs

Baked Gigante
Beans

Personal Pizzas

Fried Hot Dogs

Corn Dogs

Stuffed Baked

Potatoes

Fried Green
Beans and
Bacon

Baked Spaghetti

Meat-y Balls

Baked Chick'n-
Style Seitan

General Tso's

Soy Curls

Chick'n-Fried
Steak

Chick'n Pot Pie

Let's Talk Tofu

These three
simple tofu
techniques
deliver
consistently good
results.

- **Freeze First.**
To give tofu a chewy texture, freeze your water-packed tofu before using it. Just toss it in the freezer, still

in the
package, until
you're ready
to use it.
Before you
plant to cook
with it, thaw
it overnight
in the
refrigerator.

Drain and
press the tofu
(see [here](#))
and transfer it
to an airtight
container. I
prefer a
rectangle
container,
just a bit

larger than
the block of
tofu (such as
the
TofuXpress
pressing
device).

- **Marvelous
Marinades.**
Marinades

almost
always
include a
liquid
(vegetable oil
or vegetable
broth), an
acid (any
kind of
vinegar,

tomato sauce,
or fresh
lemon, lime,
or orange
juice), and a
variety of
spices
(choose
spices that
match the

flavor profile
for the meal:
Indian,
Mexican,
Italian,
Moroccan,
and so on).

- **Patience**

Pays Off.

Pour that

marinade

over the

pressed tofu,

cover the

container,

and place it

in the

refrigerator

ideally for at

least 1 hour

(although 8
hours is
ideal).

Basic Air-Fried Tofu

Putting theory to practice, try the tofu preparation explained in the sidebar on the previous page for all of your air-fried tofu,

including this basic recipe.

1 (14-ounce) package extra-firm tofu, frozen, thawed, drained, and pressed (see here)

1 teaspoon sesame oil

1/4 cup low-sodium soy sauce or tamari

2 tablespoons rice vinegar

2 teaspoons ground ginger,
divided

2 teaspoons cornstarch or
potato starch

1 teaspoon chickpea flour or
brown rice flour

Cut the block of tofu into 12
cubes and transfer them to an
airtight container.

In a small bowl, whisk together the oil, soy sauce, vinegar, and 1 teaspoon of the ginger. Pour the oil mixture over the cubed tofu, cover the container, and place in the refrigerator to marinate for at least 1 hour (ideally 8 hours).

Drain the marinated tofu and transfer it to a medium bowl. In a small bowl, combine the

cornstarch, chickpea flour, and the remaining 1 teaspoon ginger. Sprinkle the cornstarch mixture over the drained tofu and gently toss with tongs, coating all the pieces of tofu.

Transfer the tofu to the air fryer. Cook at 350°F for 20 minutes. Shake at 10 minutes.

Serves 4

No-Oil Option: Omit the
sesame oil.

Mongolian Tofu

I often say the sole reason that I bought an air fryer was for tofu. If you, too, struggle to achieve just the right texture, this recipe will

make you a believer in the power of the air fryer. The result is a crispy exterior and meaty interior, and it's divine served simply over brown rice or udon noodles.

Basic Air-Fried Tofu

1/4 cup low-sodium soy
sauce

1/4 cup water

1/8 cup sugar

3 cloves garlic, minced

1/4 teaspoon ground ginger

While the tofu is cooking in the air fryer, combine the soy sauce, water, sugar, garlic, and ginger in a saucepan over

medium-high heat. Bring the mixture to a gentle boil, then immediately reduce the heat to low and simmer, stirring occasionally.

When the tofu is done, transfer it to the saucepan, gently folding the tofu into the sauce until all the cubes are coated. Cover and simmer on low for about 5 minutes

(or until the tofu has absorbed the sauce).

Serves 4



Sesame-Crusted Tofu

I've always had trouble getting sesame seeds to adhere to tofu. Using a little potato starch with the sesame seeds is the first step to

success. And, because the air fryer does all the cooking, don't flip that tofu!

1 (14-ounce) package extra-firm tofu, frozen, thawed, drained, and pressed (see [here](#))

1/4 cup tamari or soy sauce

1/8 cup rice vinegar

1/8 cup mirin (see note)

2 teaspoons sesame oil

2 teaspoons light or dark

agave syrup or vegan honey

2 teaspoons minced garlic

1 teaspoon grated fresh
ginger

1 to 2 spritzes canola oil

2 tablespoons black sesame
seeds

2 tablespoons white sesame
seeds

1 teaspoon potato starch

Place the tofu in an airtight container that is about the size of the block of tofu so that the marinade completely covers it. In a small bowl, combine the tamari, vinegar, mirin, sesame oil, agave, garlic, and ginger. Pour the

marinade over the tofu, cover the container, and refrigerate for 1 to 8 hours (the longer the better).

Remove the tofu from the container and cut it in half lengthwise. Then cut each half in half lengthwise to form 4 tofu steaks. Rub both sides of each piece in the marinade.

Spritz the air fryer basket with the canola oil. Preheat the air fryer to 390°F for 3 minutes.

Sprinkle the black sesame seeds, white sesame seeds, and potato starch on a large plate. Combine well. Press a tofu steak into the seeds, flip over, and press the other side of the tofu into the seeds.

Place the tofu in the air fryer basket and gently pat the seeds on top of the tofu into place. Add more seeds, if necessary, gently patting them into the tofu. Set the tofu slice aside on the plate.

Spritz the top of the tofu with additional canola oil. Cook at 390°F for 15 minutes. After about 7 minutes, gently use

tongs to check that the tofu isn't sticking. (Do not flip the tofu!)

Serves 4

No-Oil Option: Replace the sesame oil in the marinade with vegetable broth. Omit the canola oil spritzes, but know that some of the sesame seeds may fly off the tofu

while cooking and the texture may not be as crisp.

Note

Mirin is a sweet rice wine available in well-stocked supermarkets and Asian markets. If it's unavailable, increase the rice vinegar to 1/4

cup.





Sambal Goreng Tempeh

A few years ago, I hosted an event all about tempeh with Seth Tibbott, founder of Tofurky. Seth was

insistent that we include sambal goreng tempeh, a traditional Indonesian food that's fried, tossed in a hot sauce, and eaten by hand. My version requires a fork and is delicious served over white or sushi rice.

8 ounces tempeh, cut into 12
equal cubes

2 cups warm water

2 teaspoons sea salt

1/2 teaspoon ground turmeric

1 teaspoon canola oil or
avocado oil

2 teaspoons Tofuna Fysh

Sauce or 1 teaspoon low-
sodium soy sauce

mixed with 1/4 teaspoon

dulse flakes

4 cloves garlic

1/2 cup finely chopped onion

1 teaspoon chili garlic paste

1 teaspoon tamarind paste

2 tablespoons tomato paste

2 tablespoons water

2 teaspoons ponzu sauce

Place the tempeh in a medium bowl. In a medium measuring

cup, mix together the warm water and salt and pour over the tempeh. Let the tempeh soak for 5 to 10 minutes.

Drain the tempeh and return it to the bowl. Add the turmeric, oil, and Tofuna Fysh Sauce, tossing with tongs to coat well.

Transfer the tempeh cubes to

the air fryer basket. Cook at 320°F for 10 minutes. Shake the air fryer basket, increase the heat to 400°F, and cook for 5 minutes longer.

While the tempeh is in the air fryer, combine the garlic, onion, chili garlic paste, tamarind paste, tomato paste, water, and ponzu sauce in a food processor and pulse for

20 to 30 seconds. Transfer this mixture to a medium saucepan and bring it to a rapid boil on medium-high heat. Cover the sauce, reduce the heat to low, and simmer for 10 minutes.

Transfer the cooked tempeh to the saucepan and toss it in the sauce with a spoon or tongs to coat each piece well.

Cover and simmer on low for
5 minutes.

Serves 4

Tempeh Kabobs

If you have the rack and skewer air fryer accessories, this is a different and fun way to serve up tempeh and veggies. You can also

skewer the tempeh and vegetables and place them directly on the grill pan accessory or in the air fryer basket. These are terrific served over couscous.

8 ounces tempeh

3/4 cup low-sodium
vegetable broth

Juice of 2 lemons

1/4 cup low-sodium tamari or
soy sauce

2 teaspoons extra-virgin olive
oil

1 teaspoon maple syrup or
dark agave syrup

2 teaspoons ground cumin

1 teaspoon ground turmeric

1/2 teaspoon ground black
pepper

3 cloves garlic, minced

1 medium red onion,
quartered

1 small green bell pepper,
thinly sliced

1 cup sliced, stemmed button
mushrooms

1 cup halved cherry tomatoes

Steam the tempeh for 10

minutes in a saucepan on the stove. Alternatively, steam the tempeh for 1 minute on low pressure in an Instant Pot or pressure cooker; use a quick release. Combine the broth, lemon juice, tamari, oil, maple syrup, cumin, turmeric, pepper, and garlic in a medium bowl. Set aside.

Cut the tempeh into 12 cubes.

Transfer them to an airtight container. Place the vegetables in a second airtight container. Pour half of the marinade over the tempeh and half over the vegetables. Cover both and refrigerate for 2 hours (or up to overnight). Drain the tempeh and vegetables, reserving the marinade.

Thread 4 cubes of tempeh, alternating each with the vegetables, on a skewer to make a kabob. Repeat this process to make 3 more kabobs. Place the kabobs in the air fryer basket or on the rack accessory. (If you are using a smaller air fryer, you may have to cook in two batches.) Cook at 390°F for 5

minutes. Turn the kabobs and drizzle remaining marinade over them. Cook for 5 more minutes.

Serves 4

No-Oil Option: Omit the olive oil.



Baked Gigante Beans

I love Greek food. It's a cuisine that allows simple vegetables and spices to sing. Gigante beans can almost always be found on the

menu at a Greek restaurant, but they are not so easily found in a local grocery store. So, in this recipe, I call for butter beans. These are delicious served with Eggplant Parmesan .

1 1/2 cups cooked or canned
butter beans or great
Northern beans, rinsed and
drained

1 teaspoon extra-virgin olive
oil or canola oil

1 small onion, cut into 1/8-
inch thick half-moon slices

1 clove garlic, minced

1 (8-ounce) can tomato sauce

1 tablespoon coarsely

chopped fresh parsley
1/2 teaspoon dried oregano
1/2 teaspoon vegan chicken
bouillon granules or salt
(optional)
1/4 teaspoon freshly ground
black pepper

Place the beans in an air
fryer-safe casserole dish or
pan.

Heat the oil in a medium saucepan on medium-high heat. Add the onion and garlic and sauté for 5 minutes. Add the tomato sauce, parsley, oregano, and bouillon granules. Bring the mixture to a boil, cover the saucepan, reduce the heat to low, and simmer for 3 minutes.

Preheat the air fryer to 360°F for 3 minutes. Pour the tomato mixture over the beans and mix well. Sprinkle the pepper over the beans. Place the beans in the air fryer basket. Cook at 360°F for 8 minutes.

Serves 2

No-Oil Option: Sauté the

garlic and onion in vegetable
broth or water instead of olive
oil.

Personal Pizzas

I often use the air fryer as an oven. There's no need to waste the time and energy of preheating and then baking in a large oven

when you're making small recipes. And the rapid-air heat makes a crispy pizza crust that cannot be beat.

4 ounces prepared Pizza

Dough (see here) or store-bought vegan pizza dough
2 spritzes extra-virgin olive

oil

1/3 cup pizza sauce

1/3 cup nondairy shredded
mozzarella cheese, divided

1/2 onion, cut into 1/8-inch
thick half-moon slices

1/4 cup sliced mushrooms

2 to 3 black or green olives,
pitted and sliced

4 fresh basil leaves

Place the pizza dough on a

lightly floured work surface and roll it out or use your hands to press it out (keeping in mind the size of your air fryer basket, to assure it fits). Spritz the dough with the oil and place the dough, oiled side down, into the air fryer basket. Cook at 390°F for 4 to 5 minutes.

Once the dough is precooked,

open the air fryer—use caution, as the basket is hot—and spread the sauce over the dough. Sprinkle half the cheese over the sauce. Add the onion, mushrooms, olives, and basil. Sprinkle the remaining cheese over the toppings.

Cook at 390°F for 6 minutes (or 7 to 8 minutes for a very

crisp crust). Use a spatula to remove the pizza from the air fryer.

Serves 1

No-Oil Option: Omit the olive oil.



Fried Hot Dogs

Walter's Hot Dog
Stand is a community
treasure in my former
hometown of
Mamaroneck, New
York. On weekends, a

line formed down the block. What was so special about those hot dogs? They were split and grilled in butter. Here's a speedy, compassionate version. Serve with your favorite hot dog condiments. (Mine?

Traditional ketchup, mustard, sweet relish, and raw onion!) You can step it up a notch by serving these with the Pretzel Hot Dog Buns .

4 vegan hot dogs

2 teaspoons nondairy butter
4 Pretzel Hot Dog Buns or
store-bought vegan hot dog
buns

Slice the hot dogs lengthwise
without cutting all the way
through them. Spread the hot
dogs out flat, cut-side up.
Spread 1/2 teaspoon butter on
each hot dog.

Place the hot dogs, buttered side down, in the air fryer. Cook at 390°F for 3 minutes. Remove and set aside.

Place the hot dog buns in the air fryer and heat at 400°F for 1 minute to lightly toast them. Serve the hot dogs in the buns with your favorite condiments.

Serves 4

No-Oil Option: Omit the
butter.

Corn Dogs

Hold on to your hat!
You are about to make
no-oil vegan corn
dogs! This is a make-
ahead recipe because
the battered corn dog
will need to sit in the

freezer for a minimum of 2 hours before cooking for best results. You'll need wooden pointed corn dog sticks (5 1/2 x 3/16 inches) or skewers that will fit in the air fryer. Serve these with mustard and

a side of Seasoned French Fries for the consummate “anything you can eat, I can eat vegan” meal.

1/2 cup cornmeal

1/2 cup unbleached all-purpose flour

2 tablespoons granulated

sugar

1 teaspoon baking powder

1/2 teaspoon paprika

1/2 teaspoon ground mustard

1/4 teaspoon salt

1/8 teaspoon black pepper

1/2 cup ice cold water

2 tablespoons Follow Your
Heart VeganEgg

1/2 cup soymilk

6 vegan hot dogs

In a large bowl, combine the cornmeal, flour, sugar, baking powder, paprika, mustard, salt, and pepper.

In a small bowl, whisk together the water and VeganEgg. Add the milk and combine well. Slowly fold the water mixture into the cornmeal mixture, whisking to create a smooth batter.

Pour the batter into a tall mason jar or drinking glass. Preheat the air fryer to 390°F for 5 minutes.

Lay out 6 (3 x 5-inch) pieces of parchment paper (big enough to roll each battered corn dog). Place 1 hot dog on a wooden stick and dip it into the batter. Place the corn dog on a parchment paper square

and roll up the battered hot dog. Repeat this process with the remaining hot dogs. The last one may get messy; if necessary, place it in on a plate, and scrape the remaining batter out of the mason jar, and rub the batter onto the hot dog before rolling it up in parchment paper.

Place the wrapped corn dogs in a large freezer bag, laying it out flat in the freezer. Chill in the freezer for a minimum of 2 hours.

Remove the battered corn dogs from the freezer and unwrap them. Place a piece of parchment paper on the air fryer basket (enough to cover the bottom but with no excess

paper above the bottom of the basket). Place the corn dogs on the parchment paper. You may have to do this in batches depending upon the size of the air fryer; if so, leave any remaining corn dogs in the freezer until you're ready to use them. Cook at 390°F for 12 minutes.

Serves 6





Stuffed Baked Potatoes

This is a great way to make leftovers exciting. Air-fry a wholesome baked potato and top it with leftover stew or chili.

This is comfort food at its easiest!

2 medium russet potatoes,
scrubbed

1 cup leftover homemade
chili or stew or 1 (15-ounce)
can vegan chili or stew

1/2 cup nondairy shredded
cheddar or mozzarella

cheese

1/4 cup nondairy sour cream

2 tablespoons finely chopped

chives

Pierce the potatoes with a fork and arrange them in the air fryer basket. Cook at 390°F for 30 minutes.

Heat the chili on the stovetop or in the microwave until it is

hot.

Carefully remove the potatoes from the basket and slice them lengthwise without cutting all the way through. Spoon 1/2 cup of the hot chili into each potato. Add 1/4 cup cheese over each potato.

Return the potatoes to the air fryer and continue cooking at

390°F for 5 to 10 minutes longer. Serve the potatoes with a dollop of sour cream and chives.

Serves 2

Fried Green Beans and Bacon

A traditional dish from the South, the haricots verts are the star in this dish while the vegan bacon takes a

supporting role.

6 ounces Tempeh Bacon or
store-bought vegan bacon

1 teaspoon Vegan Magic or
DIY “Vegan Magic”

1 teaspoon granulated sugar

12 ounces fresh haricots verts
(French green beans)

Place the bacon in the air

fryer basket. Cook at 390°F for 5 minutes.

In an air fryer–safe pan, combine the Vegan Magic and sugar. Add the haricots verts and toss them with tongs to coat them in the Vegan Magic mixture.

Remove the bacon from the air fryer basket. Carefully

dice the bacon. Add the bacon to the pan and toss with the haricots verts. Cook at 390°F for 4 minutes.

Serves 4

No-Oil Option: Use vegetable broth instead of the Vegan Magic (keeping in mind that caramelization is less likely).

Baked Spaghetti

Raise your hand if you often find yourself in a pasta rut (my hand is waving in the air). This is a fun way to make a regular old

spaghetti dinner a bit more exciting.

4 ounces thin spaghetti

1 teaspoon extra-virgin olive oil

8 ounces vegan beef crumbles

1/4 cup finely chopped onion

2 cloves garlic, minced

1 teaspoon dried oregano

1 teaspoon dried basil

1 to 2 spritzes extra-virgin
olive oil

1 (15-ounce) jar marinara
sauce

1 cup nondairy shredded
mozzarella cheese

Cook the spaghetti in a large
saucepan of boiling water
until it is al dente, about 8

minutes. Drain and set aside.

Heat the oil in a large skillet over low heat. Add the crumbles, onion, garlic, oregano, and basil. Sauté until the crumbles are heated through, 5 to 7 minutes.

Spritz an air fryer–safe dish that fits into the air fryer with the oil. Transfer half of the

spaghetti to the dish. Add half of the crumbles, half of the marinara sauce, and half of the cheese. Add the remaining spaghetti, remaining crumbles, another layer of marinara sauce, and the remaining cheese. Cook at 350°F for 15 minutes.

Serves 2 to 4

No-Oil Option: Substitute the olive oil with vegetable broth or dry-sauté the vegan beef crumbles.

Note

You may have to use smaller dishes, depending upon the size of your air fryer. Halve the cooked

spaghetti and cheese
and then layer
according to the
instructions.

Meat-y Balls

This is a tried-and-true meatball recipe. Any bean will do, but I love Italian cannellini beans, because these meatballs are almost destined for a pasta

dish. TVP, which is made from soybeans, adds protein and helps bind the meatballs.

1/2 cup dry TVP

1/2 cup vegetable broth

1 1/2 cups cooked (or
canned) cannellini beans,
drained and rinsed

1/4 cup ground flaxseed
2 tablespoons sesame seeds
2 tablespoons chickpea flour
1 teaspoon sea salt
2 tablespoons nutritional
yeast
1 teaspoon dried basil
1 teaspoon dried thyme
1 teaspoon hot sauce
1 to 2 spritzes canola oil

Place the TVP in a medium

bowl and pour the broth over it. Let the TVP rehydrate for 10 minutes. Transfer the TVP to a food processor and add the beans, flaxseed, sesame seeds, flour, salt, nutritional yeast, basil, thyme, and hot sauce. Pulse until the ingredients form a dough-like consistency.

Form meatballs by scooping

out about 2 tablespoons of the TVP mixture and rolling them in the palms of your hands.

Spritz the air fryer basket with the oil. Place the meatballs in the basket (you may have to cook more than one batch, depending upon the size of your air fryer). Cook at 360°F for 10 to 12

minutes, shaking halfway through the cooking time.

Makes about 15
meatballs

No-Oil Option: Omit the canola oil; you may want to use tongs to move the meatballs more frequently to avoid sticking.



Baked Chick'n-Style Seitan

Use the Dry Seitan Mix to make your own seitan.

1 cup Dry Seitan Mix

3/4 cup vegan chicken broth
1 tablespoon low-sodium
tamari
1/2 teaspoon canola oil
1/2 teaspoon blackstrap
molasses
1 to 2 spritzes vegetable oil
spray

Pour the dry seitan mix into a
stand mixer bowl.

In a small bowl, combine the broth, tamari, canola oil, and molasses.

Fit the stand mixer with the dough hook and turn the mixer on low. Slowly add the broth mixture to the dry seitan mix. Increase the speed of the stand mixer to high and knead the seitan for 5 minutes.

Grease a 7-inch baking pan with 1 to 2 spritzes of vegetable oil. Press the seitan into the pan. (If this is too large for your air fryer, find an appropriately sized oven-safe pan. You may have to cook the seitan in two batches.) Cover the baking pan with foil.

Place the pan in the air fryer.

Cook at 350°F for 10 minutes. Remove the pan from the air fryer, uncover, flip the seitan with a spatula, and cover the pan again. Cook 10 minutes longer.

Serves 4

Dry Seitan Mix

This recipe is designed to help you prepare seitan in bulk. In this case, I don't mean

making a bunch and freezing it. Remember, our air fryers aren't huge! Instead, this is a recipe for four cups of the dry ingredients required to make seitan. One cup dry mix combined with the wet ingredients equals

one meal. By starting with this formula, you can use it 1 cup at a time and store some in the refrigerator for next time!

3 cups vital wheat gluten

1/2 cup chickpea flour

1/4 cup nutritional yeast

4 teaspoons vegan chicken
seasoning

1 teaspoon garlic powder

1 teaspoon freshly ground
black pepper

Combine the gluten, flour,
nutritional yeast, chicken
seasoning, garlic powder, and
pepper in a large bowl.

Transfer the mixture to an

airtight container, such as a large mason jar, and store it in the refrigerator for up to 3 months.

Makes 4 cups seitan
mix

General Tso's Soy Curls

Here's another Asian
sauce recipe that's
easy to make and
tastes delicious on Soy
Curls and tofu (make
Basic Air-Fried Tofu

on page 103 and then
toss it in this sauce). I
love serving this recipe
over brown rice or
rolled up in a tortilla
for an Asian-style
wrap.

2 cups warm vegan chicken

broth

2 cups dry Soy Curls

1 teaspoon avocado oil or
canola oil

1 teaspoon Tofuna Fysh

Sauce or 1 teaspoon low-
sodium soy sauce mixed
with 1/4 teaspoon dulse
flakes

1/4 teaspoon ground ginger

2 1/2 teaspoons potato starch,

divided

2 teaspoons brown rice flour
or chickpea flour

3 tablespoons soy sauce or
tamari

3 tablespoons granulated
sugar

2 tablespoons mirin (or
increase rice vinegar by 2
tablespoons)

1 1/2 tablespoons rice vinegar

1 tablespoon chili paste
1 tablespoon sesame seeds
Cooked brown rice or
noodles, for serving
1/4 cup finely chopped
scallions

In a large bowl, pour the warm broth over the Soy Curls. Let the Soy Curls rehydrate for 10 minutes. Drain the Soy Curls in a

colander, gently squeezing out excess broth with tongs, and transfer them back to the large bowl. Add the oil, Tofuna Fysh Sauce, ginger, 1 teaspoon of the potato starch, and flour. Toss gently with tongs to coat.

Transfer the Soy Curls to the air fryer basket. Cook at 390°F for 8 minutes, shaking

halfway through the cooking time.

While the Soy Curls are in the air fryer, combine the soy sauce, sugar, mirin, vinegar, chili paste, and the remaining 1 1/2 teaspoons potato starch in a medium saucepan over medium-high heat. Stir well.

As soon as the sauce reaches

a rolling boil, reduce the heat to low, cover, and simmer while the Soy Curls finish cooking.

Once the Soy Curls are cooked, transfer them to the saucepan. Toss gently to coat with the sauce, cover, and simmer for 3 minutes. Remove the lid from the saucepan, sprinkle the sesame

seeds over the Soy Curls and toss one more time. Serve over rice or noodles and garnish with the scallions.

Serves 4

No-Oil Option: Omit the avocado oil.



Chick'n-Fried Steak

The idea of fried steak doesn't sound very healthy and certainly not vegan. However, air-frying battered seitan is a great way to

enjoy such comfort
food. For added
comfort, serve it with
mashed or roasted
potatoes and
Mushroom White
Bean Gravy .
Remember that Dry
Seitan Mix you made?
Now's the time to use

it!

1 cup Dry Seitan Mix

3/4 cup vegan chicken broth

1 tablespoon low-sodium
tamari

1/2 teaspoon canola oil

1/2 teaspoon blackstrap
molasses

1 to 2 spritzes vegetable oil

1/2 cup soymilk or other
nondairy milk

3 tablespoons barbecue sauce

3 tablespoons chickpea flour

1 cup unbleached all-purpose
flour

1/4 cup nutritional yeast

2 tablespoons cornmeal

1 teaspoon garlic powder

1/2 teaspoon sea salt

1/4 teaspoon black pepper

Pour the dry seitan mix into a stand mixer bowl.

In a small bowl, combine the broth, tamari, canola oil, and molasses.

Fit the stand mixer with the dough hook and turn the mixer on low. Slowly add the broth mixture to the dry seitan mix. Increase the speed

of the mixer to high and knead the seitan for 5 minutes.

Spray a 7 x 7 x 3-inch baking pan with 1 to 2 spritzes of vegetable oil spray. Press the seitan into the prepared pan. (If this size pan is too large for your air fryer, find an appropriately sized oven-safe pan. You may have to cook

the seitan in two batches.)
Cover the baking pan with foil.

Place the pan in the air fryer.
Cook at 350°F for 10 minutes. Remove the pan from the air fryer, uncover, flip the seitan with a spatula, and cover the pan again. Cook for 10 minutes longer. Remove the seitan from the

air fryer and set aside.

In a medium bowl, combine the milk, barbecue sauce, and chickpea flour in a medium bowl.

In a small bowl, combine the all-purpose flour, nutritional yeast, cornmeal, garlic powder, salt, and pepper. Transfer half the all-purpose

flour mixture to an airtight container and half to a shallow dish for dredging.

Preheat the air fryer to 370°F for 3 minutes. Once the seitan is cool enough to touch, slice it into 4 pieces.

Dip each piece of seitan into the milk mixture. Then dredge the seitan through the

all-purpose flour mixture. If necessary, add more of the all-purpose flour mixture from the airtight container (otherwise, store any remaining all-purpose flour mixture in the refrigerator for future use). Do not discard the milk mixture after all the seitan pieces are battered.

Cook the battered seitan at

370°F for 2 minutes. Flip the seitan with tongs and cook for 2 more minutes. Remove the chik'n-fried steaks from the air fryer and dip them back into the remaining milk mixture, flipping them to coat both sides. Return the chik'n-fried steaks to the air fryer and cook for 3 more minutes.

Serves 4

No-Oil Option: Omit the canola oil in the seitan and do not spritz the air fryer with vegetable oil.

Chick'n Pot Pie

Here's a fun way to use Fried Biscuits . (If you're short on time, you use a tube of prepared biscuits instead.) This recipe is

versatile. You can use any number of vegan chicken strips, which are often sold in the frozen foods section of the grocery store, but consider using Soy Curls or Baked Chick'n-Style Seitan instead. This beautiful,

comforting bowl will be on the table in thirty minutes. And this is the kind of dish to serve to nonvegan family members or friends!

Fried Biscuits dough (see

here) or one (16-ounce)

tube prepared vegan biscuits

1 teaspoon extra-virgin olive
oil (optional)

2 cloves garlic, minced

1 cup finely chopped onion

1/2 cup finely chopped carrot

1/2 cup coarsely chopped
celery

1 teaspoon dried thyme

1/2 teaspoon sea salt

1/4 teaspoon black pepper
4 ounces vegan chicken
strips, thawed if frozen
1 cup Mushroom White Bean
Gravy or Pacific brand or
Imagine brand vegan
mushroom gravy

Prepare half of the biscuit
dough and set aside (don't
bake it).

Heat the oil in a large skillet over medium heat. Add the garlic, onion, carrot, celery, thyme, salt, and pepper and cook for 5 to 8 minutes, until the carrots are tender with a slight crunch.

Coarsely chop the chicken strips and add them to the skillet. Pour the gravy into the skillet, stir, and bring the

mixture to a boil. Cover, reduce the heat to low, and simmer for 10 minutes.

Divide the pot pie mixture between 2 (5-inch diameter) ramekins or baking pans.

Preheat the air fryer to 360° for 5 minutes. If you are using the fried biscuit dough, divide the dough in half.

Using your hands, flatten out 2 pieces of dough to go over each ramekin. If using store-bought biscuits, you will need a total of 4 biscuits. Using your hands, combine 2 biscuits and flatten them out into a dough to cover a ramekin. Repeat this process to create a second piece of dough for the other ramekin.

Take 1 biscuit dough half and cover a ramekin. Crimp the dough around the edge of the ramekin to completely cover the pot pie mixture. Repeat this process with the other half of the biscuit dough and the other ramekin.

Place the ramekins in the air fryer. (You may have to prepare one pot pie at a time,

depending upon the size of your air fryer; if so, place the first cooked pot pie in a warm oven while cooking the second.)

Cook the pot pies at 360°F for 8 minutes, until golden brown. Use silicone gloves or hot pads with a spatula to carefully remove the pot pies from the air fryer.

Serves 2

No-Oil Option: Use vegetable broth or water to sauté the vegetables.

7



One-pot meals are all the rage. Whether you're in the mood for a hearty stew cooked on the stove, a rice and bean dish made in a pressure cooker or Instant Pot, or even a veggie-filled porridge in a rice

cooker, you can throw everything into one pot and be done with it. This chapter is devoted to getting lunch or dinner on the table fast, with no fuss and only a little mess.

One-Basket Meals

Fried Tacos

Gourmet Grilled
Cheese

Roasted
Chickpeas and

Broccoli	
Seitan Fajitas
Taco Salad
Tempeh Fried
Rice
Soy Curl
Kimchee Spring
Rolls

Lasagna
Casserole

Potatoes,
Brussels
Sprouts, and Soy
Curls

Calzone

Fried Sushi Rolls

Fried Tacos

While I was growing up along the Mississippi River in rural Iowa, we frequented several tiny mom-and-pop Mexican restaurants. It

wasn't until I moved on to a big city that I learned that most people don't fry their tacos. What? No deep-fried tacos? With an air fryer, I'm able to get the texture and flavors I grew up with without all the deep-

fryer fat. If you can't find seasoned crumbles, combine plain vegan beef crumbles or rehydrated TVP with 1/2 cup salsa.

4 (6-inch) flour tortillas

4 spritzes canola oil spray

2 cups frozen vegan seasoned
beef crumbles (such as
Beyond Meat Feisty
Crumble)

1 cup shredded nondairy
cheddar or pepper Jack
cheese

2 cups shredded lettuce

1 cup finely chopped
tomatoes

1/2 cup finely chopped onion

Preheat the air fryer to 360°F for 3 minutes. Place a stainless steel taco holder in the air fryer.

Spritz one side of the tortillas with canola oil. Insert the tortillas into the taco holder, oiled side out. Scoop 1/2 cup beef crumbles into each


tortilla. Add 1/4 cup cheese to each tortilla.

Cook at 360°F for 8 minutes.

Remove the taco stand from the air fryer with tongs. Garnish each taco with 1/2 cup of lettuce, 1/4 cup of tomatoes, and 2 tablespoons of onion.

Makes 4 tacos

No-Oil Option: Omit the canola oil spray (but note that the result will not be the puffy taco this recipe aims for).

 If you don't have a taco holder, arrange several tacos side by side, from one wall of the air fryer basket to

the other, to hold them upright. Or simply fill the soft tortillas and place them on their side, leaning against each other in the basket. You might use a toothpick to keep all the good stuff inside each taco.





Gourmet Grilled Cheese

A gourmet sandwich in an air fryer? Sure! It just requires attention to a few details. You can use store-bought bread or bake the

bread yourself. I
recommment Kite Hill
Chive Cream Cheese
Style Spread or
Miyoko's Kitchen
Classic Double Cream
Chive.

1 small Anjou or Asian pear

(or any juicy, soft pear)

1 small Vidalia or sweet
onion

1/4 teaspoon sugar

1/2 to 1 teaspoon extra-virgin
olive oil or nondairy butter

1/2 cup nondairy cream
cheese

4 slices sourdough bread or
other crusty bread

2 to 4 spritzes extra-virgin

olive oil

Cut the pear lengthwise into thin slices. Cut the onion into thin half-moon slices. Place the pear, onion, and sugar on a piece of foil. Drizzle the oil over (or place the butter on) the pear and onion. Loosely wrap the foil around the pear and onion. Place the foil pouch in the air basket fryer.

Cook at 390°F for 15 minutes. Remove the foil pouch from the air fryer with tongs or a spatula, open the foil to release the steam, and set aside.


Spread 2 tablespoons cream cheese on 1 slice of the bread. Using tongs, place half of the caramelized pear and onion on top of the cream cheese.

Spread another 2 tablespoons cream cheese on another slice of bread. Place this slice of bread on top of the pear and onion. Repeat this process to make the second sandwich. Spray the air fryer basket with the oil. Place the sandwiches in the air fryer. Spritz the top of the bread with more oil. Cook at 390°F

for 5 to 7 minutes, until the bread is golden brown.

Serves 2

No-Oil Option: Omit the olive oil.

 If you have a smaller air fryer, you may have to make the sandwiches one at a

time.

Roasted Chickpeas and Broccoli

Bowl meals are a favorite in my household, as they almost always allow you to work with three

of the five vegan food groups (vegetables, fruit, legumes, grains, and nuts and seeds). This dish starts with vegetables and beans in the air fryer. Serve it with sesame seeds or, to counter the roasted crunch, opt for

the Peanut Sauce, here
.

1 (15-ounce) can chickpeas,
drained, rinsed, and patted
dry

1/2 cup thin half-moon onion
slices

1 teaspoon canola oil

1 teaspoon low-sodium soy

sauce

1 teaspoon ground ginger

1/2 teaspoon granulated
garlic

1/2 teaspoon black pepper

1/2 teaspoon curry powder

2 cups broccoli florets

1 tablespoon sesame seeds,
for serving

Combine the chickpeas,
onion, oil, and soy sauce in a

large bowl. Add the ginger, granulated garlic, pepper, and curry powder and toss until all chickpeas are well coated.

Transfer the chickpeas to the air fryer basket using a slotted spoon (to reserve the oil and soy sauce marinade). Cook at 390°F for 7 minutes, shaking at 5 minutes.

In a large bowl, combine the broccoli with the leftover marinade. Transfer to the air fryer after the chickpeas and onion have cooked for 7 minutes. Gently toss the broccoli with the chickpeas and onion. Continue cooking at 390°F for another 5 minutes, shaking halfway through the cooking time,

until the broccoli is tender but retains a slight crunch.

Sprinkle 1/2 tablespoon of sesame seeds over each serving.

Serves 2

No-Oil Option: Omit the canola oil.



Seitan Fajitas

Here's some great news, air-frying enthusiasts! You can "stir-fry" in an air fryer. The result is food with a good bit of crunch, which is

particularly delicious
in soft tortillas.

8 ounces Baked Chick'n-
Style Seitan , cut into 1/2-
inch thick strips or store-
bought seitan strips

1 large red bell pepper, cut
into 1/4-inch thick strips

1 large green bell pepper, cut

into 1/4-inch thick strips

1 medium onion, cut into 1/4-inch thick half-moon slices

3 cloves garlic, coarsely chopped

1 teaspoon canola oil

1/2 teaspoon chili powder

1/2 teaspoon ground cumin

1/2 teaspoon paprika

1/4 teaspoon sea salt

1/4 teaspoon black pepper

4 (12-inch) flour tortillas

Place the seitan slices in a large bowl (if using packaged seitan, drain before adding to the bowl). Add the red bell pepper, green bell pepper, onion, and garlic to the bowl with the seitan. Drizzle the oil over the seitan and vegetables and toss with tongs to coat. Add the chili powder, cumin,

paprika, salt, and pepper, tossing to combine.

Transfer the mixture to the air fryer basket. Cook at 370°F for 10 to 12 minutes, shaking halfway through the cooking time.

Warm the tortillas in the oven or microwave.

Assemble the fajitas by

placing one-fourth of the seitan and vegetables in each tortilla.

Serves 4

No-Oil Option: Omit the canola oil.

Taco Salad

I've never been one to fix it if it ain't broke, so let's try a salad version of the fried tacos, this time with seitan and beans. An air fryer-safe tortilla-

shell maker accessory
(see here) is required
to turn the tortillas into
salad bowls.

4 (8-inch) flour tortillas

8 ounces Baked Chick'n-

Style Seitan or store-bought
seitan, coarsely chopped

1 (15-ounce) can pinto beans,

drained and rinsed

3/4 cup salsa

1/2 cup finely chopped onion

1 cup shredded nondairy
cheddar cheese

2 cups finely shredded lettuce

1 cup finely chopped
tomatoes

Press the tortillas into shell
molds. Set aside.

Place the seitan in a medium bowl. Add the beans, salsa, and onion. Combine well.

Divide the seitan mixture between the tortillas. It's likely you will only be able to make 2 taco salads at one time in a large air fryer and 1 in a small air fryer. Turn the oven on to warm to heat each taco salad as it comes out of

the air fryer.

Place as many tortilla shells into the air fryer as will fit. Cook at 360°F for 5 minutes.

Add 1/2 cup cheese to each tortilla. Cook at 360°F for 2 minutes longer. Transfer the cooked tortilla bowls to the oven to warm while cooking the next set.

When all the tortilla bowls are cooked, gently use tongs to slide them from the tortilla-shell mold to a serving plate. Add 1 cup shredded lettuce and 1/2 cup tomatoes to each taco salad.

Serves 4

Tempeh Fried Rice

Because traditional fried rice made in an air fryer is tricky (because the rice falls through the basket openings), this version

has a hearty, sticky texture. This recipe calls for a vegan egg. In this case, the Follow Your Heart brand egg replacer is the only one that meets my standards.

8 ounces tempeh

1/2 cup coarsely chopped
shiitake mushrooms

1/2 cup plus 1 tablespoon
low-sodium soy sauce,
divided

2 tablespoons maple syrup

1 teaspoon extra-virgin olive
oil

2 cloves garlic, minced

1/2 cup ice cold water

2 tablespoons Follow Your
Heart VeganEgg

1/4 teaspoon black salt

1 1/2 cups cooked brown rice

2 tablespoons nutritional
yeast

1 cup bean sprouts

1 cup shredded cabbage

1 teaspoon chili paste

Steam the tempeh for 10
minutes in a medium

saucepan on the stove (or for 1 minute on low pressure in an Instant Pot or pressure cooker; use a quick release). Dice the tempeh into 12 pieces and transfer it to a shallow dish. Add the mushrooms.

In a small bowl, whisk together 1/2 cup of the soy sauce, maple syrup, oil, and

garlic. Pour the marinade over the tempeh and mushrooms. Cover the dish with foil and set aside to marinate for at least 30 minutes (or up to overnight).

Preheat the air fryer to 390°F for 5 minutes. Pulse the water, VeganEgg, and black salt together in a blender. Transfer the marinated

tempeh and mushrooms to a nonstick air fryer pan or baking pan that will fit in your air fryer. Add the cooked rice to the pan. Pour the VeganEgg mixture over the rice. Add the nutritional yeast, sprouts, cabbage, remaining 1 tablespoon soy sauce, and chili paste. Mix well and pat the rice down.

Cook at 390°F for 10 minutes, tossing the rice mixture with tongs halfway through the cooking time.

Serves 4

No-Oil Option: Omit the olive oil.





Soy Curl Kimchee Spring Rolls

Remember those Soy Curl Fries? They are perfect in this simple spring roll. The Korean condiment is a

fermented food that brings in an umami element. I encourage you to make your own variations with your favorite raw vegetables, such as strips of bell pepper, zucchini, or cucumber.

1 cup Soy Curl Fries or vegan
frozen chicken strips

1 small carrot

4 fresh basil leaves

1/2 cup homemade or store-
bought vegan kimchee

4 (6 to 8 1/2-inch) rice paper
sheets

2 to 3 spritzes canola oil

Prepare the Soy Curl Fries. If
you are using vegan chicken

strips, thaw them and cut them in half lengthwise.

Cut the carrot into matchsticks and divide the matchsticks into fourths.

Dip 1 sheet of rice paper in warm water for 5 seconds or until moistened. Place the moist rice paper on a work surface and let sit for 30

seconds or until pliable. Place 1 basil leaf on the rice paper. Add one-fourth of the carrot matchsticks, 2 tablespoons kimchee, and 1/4 cup Soy Curl Fries.

Roll the rice paper by pulling the edge away from the cutting board. Roll over the filling while gathering and tucking the filling under the

wrapper, rolling until you come to the end of the paper. Repeat this process until you have created 4 spring rolls.

Spray 1 to 2 spritzes canola oil on the air fryer basket. Place the spring rolls in the air fryer basket and spritz the top of the rolls with the remaining 1 to 2 spritzes oil. Cook at 400°F for 6 minutes,

shaking halfway through the cooking time.

Makes 4 spring rolls

No-Oil Option: Omit the the canola oil.

Lasagna Casserole

In this lasagna, the noodles are vegetables. They cook beautifully in a 7-inch baking pan that is about 3 inches high. If you have a

smaller air fryer, use an air fryer—safe dish that fits—in that case, don't worry about layering everything beautifully. It's going to taste the same!

1 small zucchini

1 small yellow squash

1 medium onion

1 large red bell pepper

5 ounces nondairy buffalo-
style mozzarella cheese

1/4 cup sliced pitted oil-cured
black olives

1 teaspoon dried basil

1 teaspoon sea salt

1/2 teaspoon dried oregano

1/4 teaspoon red pepper

flakes

1/4 teaspoon ground black
pepper

1 (15-ounce) can tomato
sauce

1/4 cup shredded nondairy
Parmesan cheese

Slice the zucchini and yellow
squash lengthwise into 1/8- to
1/4-inch thick strips. Divide
both into two parts.

Cut the onion into half-moon slices. Divide the slices into three parts. Cut the bell pepper lengthwise into 1 1/2-inch strips. Divide the strips into three parts.

Cut the mozzarella into 1/4-inch cubes. Transfer the cubes to a small bowl and add the olives, basil, salt, oregano, red pepper flakes,

and pepper. Combine well and divide the mixture into three parts.

Preheat the air fryer to 360°F for 5 minutes. Spread 1/2 cup of the tomato sauce into the bottom of a 6 to 7-inch baking pan. Layer one part each of zucchini, squash, onion, and pepper on top of the tomato sauce. Add the

first third of the mozzarella mixture. Repeat this process for 2 more layers. Sprinkle the top layer with the Parmesan.

Cover the baking pan with foil, transfer to the air fryer, and cook at 360°F for 15 minutes. Uncover and cook for 10 more minutes.

Serves 2 to 4

Potatoes, Brussels Sprouts, and Soy Curls

This recipe allows you to layer the air fryer basket with foods that require different

cooking times. For example, potatoes require the longest cooking time, so they go in first. You can prep the Brussels sprouts while the potatoes cook, and so on. This allows you to cook and prep

simultaneously,
getting the meal ready
in twenty-eight short
minutes.

1 large russet potato, cut into
1/2-inch cubes

1 1/2 teaspoons canola oil,
divided

1/2 teaspoon sea salt

1/4 teaspoon black pepper

2 cups dry Soy Curls

2 cups warm water

16 ounces Brussels sprouts,
trimmed and halved
lengthwise

1 teaspoon balsamic vinegar

1 1/2 teaspoons vegan beef
bouillon granules

1 teaspoon ground cumin

1 teaspoon chili powder

1 teaspoon dried dill

1 tablespoon chickpea flour

1 tablespoon cornstarch

Toss the potato in 1/2 teaspoon of the oil, salt, and pepper and transfer to the air fryer. Cook at 400°F for 10 minutes. In a medium bowl, rehydrate the Soy Curls in the warm water for 10 minutes. In a medium bowl, toss the

Brussels sprouts with 1/2 teaspoon of the canola oil and the vinegar. When the air fryer beeps at 10 minutes, transfer the Brussels sprouts to the air fryer with the potatoes. Shake and cook at 400°F for 3 minutes.

Drain the Soy Curls, transfer them back to the bowl and toss them with the bouillon

granules, cumin, chili powder, dill, chickpea flour, cornstarch, and remaining 1/2 teaspoon canola oil. When the air fryer beeps after 3 minutes, transfer the coated Soy Curls to the basket with the potatoes and Brussels sprouts. Shake and set the timer for 15 minutes. Shake every 5 minutes.

Serves 4

No-Oil Option: Omit the
canola oil.

Calzone

I love making this recipe because it looks so beautiful right out of the air fryer—remember that we do eat with our eyes first. Place the calzone on a

serving platter and
wow your nonvegan
friends and family.

4 ounces prepared Pizza

Dough or store-bought
vegan pizza dough

1/4 cup shredded nondairy
mozzarella cheese

1/4 cup sliced mushrooms

1/4 cup sliced onion

2 ounces vegan Italian-style
seitan crumbles or vegan
pepperoni

1/4 cup pizza sauce

1/2 teaspoon dried oregano

1/2 teaspoon dried basil

1/2 cup loosely packed baby
spinach leaves

2 to 3 spritzes extra-virgin
olive oil or canola oil

Allow the pizza dough to come to room temperature. Hand-press or roll out the dough to about 10 inches.

If using a grill insert, place it inside the air fryer. Preheat the air fryer to 390°F.

Assemble layers on one half of the rolled dough. Start with the cheese, then add the

mushrooms, onion, seitan
crumbles, pizza sauce,
oregano, basil, and spinach.
Flip the other half of the
dough over the filling. Crimp
the edges by pulling the
bottom layer of dough over
the top layer.

Cut three small slices on the
top portion of dough to vent.
Spritz the grill insert or the

air fryer basket with the oil. Use a large spatula to transfer the calzone to the air fryer basket. Spritz the top of the calzone with additional oil.

Cook at 390°F for 7 to 8 minutes, until the crust is golden brown. Slide the calzone onto a cutting board or serving platter. Slice into 2 pieces and serve.

Serves 2

Note

If you have a small air fryer, consider making two smaller calzones; you may have to cook in two batches.





Fried Sushi Rolls

Many people think
sushi is synonymous
with raw fish.

Actually, sushi rolls
consist of seasoned
rice in combination

with the filling of your
choice (in this case,
vegetables), all
wrapped up in a nori
(seaweed) sheet.
Thanks to my air fryer
and rice paper, I now
enjoy making hot,
crunchy homemade
sushi rolls.

(Remember, you can find rice paper online, at the Asian market, or in the ethnic aisle of many grocery stores.)

4 (6 to 8 1/2-inch) sheets rice paper

4 (8 x 7-inch) sheets nori

1/4 cup room-temperature

cooked sushi rice

1/4 cup thawed edamame

1 cup thinly sliced red bell pepper, carrot, and jicama

1 to 2 spritzes avocado oil or extra-virgin olive oil

Dip 1 sheet of the rice paper in warm water for about 5 seconds or until moistened. Place the moist rice paper on a work surface and let sit for

30 seconds or until pliable.

Place 1 nori sheet on the wet rice paper. Spoon 1 tablespoon sushi rice onto the nori sheet, making a line with the rice. Spoon 1 tablespoon edamame onto the nori sheet beside the rice, forming another line. Assemble 1/4 cup of the sliced vegetable mixture alongside the rice

and edamame.

Roll the rice paper by pulling the edge away from the cutting board. Roll over the filling while gathering and tucking the nori sheet and filling under the rice paper, rolling until you come to the end of the paper. Repeat this process until you have created 4 rolls.

Place the rolls in the air fryer basket. Spritz the rolls with the oil. Cook at 390°F for 5 minutes, shaking halfway through the cooking time.

Serves 4

No-Oil Option: Omit the avocado oil.

8



Dessert just got a lot easier with an air fryer. Simple ingredients plus rapid cooking equals sweet treats fast. My savory tooth is far more dominant than my sweet tooth, so you might want to amp up

the sugary ingredients. You'll also find that many of these recipes could easily stand in for a sweet breakfast. It's just one of the many perks of cooking vegan, right?

So Sweet

Fruit Crumble

Cake for One

Fruit Cobbler for
One

Bread Pudding

Fruit Pastry

Pockets

Roasted Cherries

Jubilee

Baked Apples

Caramelized

Fruit-and-Nut

Topping

Fried Ginger-O's

Apple Pie

Taquitos

Shortbread Cake

Fruit Crumble

Not a baker, I discovered this simple way to prepare a warm fruit dessert or snack many years ago. I'm particularly fond of it because having

leftovers of a fruit crumble is never an issue. Make what you want to eat!

1 medium apple, finely diced
1/2 cup frozen blueberries,
strawberries, or peaches
1/4 cup plus 1 tablespoon
brown rice flour

2 tablespoons sugar

1/2 teaspoon ground
cinnamon

2 tablespoons nondairy butter

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

Combine the apple and frozen
blueberries in an air fryer–
safe baking pan or ramekin.

In a small bowl, combine the

flour, sugar, cinnamon, and butter. Spoon the flour mixture over the fruit. Sprinkle a little extra flour over everything to cover any exposed fruit. Cook at 350°F for 15 minutes.

Serves 2



Cake for One

This is a fun little treat when you're craving chocolate. Serve with a small dollop of nondairy ice cream or the Simple Coco Whip.

3 tablespoons unbleached all-purpose flour

1 1/2 tablespoons cocoa powder

1 tablespoon plus 1 teaspoon sugar

1/4 teaspoon baking powder

1/8 teaspoon salt

3 teaspoons applesauce

3 tablespoons almond milk

1/2 teaspoon vanilla extract
1 to 2 spritzes canola oil
Simple Coco Whip , for
serving (optional)

In a medium bowl, combine the flour, cocoa powder, sugar, baking powder, and salt.

In a small bowl, combine the applesauce, milk, and vanilla.

Pour the applesauce mixture over the flour mixture and stir until there are no lumps in the batter.

Spritz a small ramekin or baking pan with the oil (if you are omitting the oil, use a nonstick pan). Pour the batter into the ramekin.

Cook at 360°F for 7 to 10

minutes. The cake is done when you insert a toothpick into the center and it comes out clean. When the cake is cool, serve with the coco whip, if desired.

Serves 1

No-Oil Option: Omit the canola oil.

Simple Coco Whip

For a delicious change of flavor, substitute peppermint or almond extract for the vanilla.

1 (13-ounce) can full-fat
coconut milk

1 tablespoon sugar

1 teaspoon vanilla extract

Refrigerate the can of
coconut milk overnight.

Open the can and scoop out
the solid cream into a stand
mixer bowl or mixing bowl if

you are using an electric mixer. (Reserve any liquid in the can for another use—it's a great addition to breakfast oats or soups.)

On high-speed, beat the coconut cream until stiff peaks are formed. Add the sugar and vanilla and beat for 1 minute longer. Serve immediately.

Makes about 2 cups

Fruit Cobbler for One

This cobbler-ish sweet treat is pretty wholesome. So why not serve it alongside a scoop of nondairy ice cream? I use my small,

4.6-inch wide cast iron
crock, which fits the
air fryer nicely. It
works great for
cooking and also
makes for a gorgeous
presentation.

1/2 cup chopped frozen

peaches or blueberries

1/2 cup granola or muesli

1/2 teaspoon cold nondairy

butter, cut into small cubes

Layer the peaches, granola,
and butter in a small air
fryer-safe casserole dish.

Cover the dish with a
heatproof lid or foil.

Cook at 390°F for 6 minutes.

Remove the cover and cook at 390°F for 2 minutes longer.

Serves 1



Bread Pudding

Here's a dessert that could easily stand in for breakfast. Mix up the dried fruit and nuts: cranberries, cherries, and pecans turn it into a festive

holiday dish.

2 cups cubed day-old bread
(a French baguette or
sourdough bread is ideal)

1 1/2 cups soymilk

1 tablespoon sugar

1/4 teaspoon vanilla extract

1/2 teaspoon ground
cinnamon

1/4 cup golden raisins
1/4 cup dried currants
1/4 cup finely chopped
walnuts

Preheat the air fryer to 360°F for 3 minutes. Place the bread in a medium bowl.

In a small bowl, combine the milk, sugar, vanilla, cinnamon, raisins, currants,

and walnuts. Pour the milk mixture over the bread and mix well. Transfer the mixture to a nonstick, air fryer–safe baking pan that fits into the basket (for smaller air fryers, divide the bread mixture between 2 small dishes, such as ramekins).

Cook at 360°F for 20 minutes. Remove the bread

pudding from the air fryer
and let it cool for 20 to 30
minutes before serving.

Serves 4

Fruit Pastry Pockets

I'm a savory gal, so this recipe hits the spot—for me. If you're a fan of sweet treats, sprinkle 1 to 2 teaspoons sugar over

the crescent roll dough
before rolling it out.

4 ounces vegan crescent roll
dough

1 tablespoon unbleached all-
purpose flour

6 ounces fresh blueberries,
strawberries, or blackberries

1/2 teaspoon granulated sugar

1/4 teaspoon ground
cardamom

1/4 teaspoon ground ginger
1 teaspoon powdered sugar

Divide the crescent roll
dough into 4 equal parts.
Sprinkle the flour on a work
surface and roll the dough
pieces out to 5 x 5-inch
pieces, using more flour as
needed to avoid sticking.

In a medium bowl, combine the blueberries, sugar, cardamom, and ginger.

Preheat the air fryer to 360°F for 4 minutes. Spoon about 1/3 cup of the blueberry mixture onto each piece of dough. Fold each corner toward the center. Work the edges of the dough to ensure it's sealed; it will resemble a

pocket. Cook at 360°F for 6 to 7 minutes, or until golden brown.

Sprinkle the powdered sugar on the pastry pockets before serving.

Makes 4



Roasted Cherries Jubilee

With just three ingredients and only ten minutes in the air fryer, this simple fruit topping is great over

nondairy ice cream or
mixed with granola.
And—back to
breakfast—it's
fantastic over a bowl
of hot steel-cut
oatmeal.

2 tablespoons nondairy butter

2 cups fresh cherries, pitted
and halved

2 tablespoons sugar

Melt the butter in a
microwave.

In a medium bowl, toss the
cherries with the butter and
sugar.

Transfer the cherries to a
small baking pan and place it

in the air fryer basket.

Cook at 350°F for 10 minutes, shaking halfway through the cooking time. Transfer the cherries to a bowl and allow them to cool.

Serves 2 to 4

Baked Apples

With a nod to tradition, the ingredients for these baked apples are simple: apples, brown sugar, butter, and cinnamon. Of course,

this healthier approach
uses nondairy butter
and less sugar, and
I've added rolled oats
for fiber and flavor.

1/2 cup rolled oats

1 teaspoon brown sugar

1 tablespoon nondairy butter,
softened

1 tablespoon coarsely
chopped pecans

1 teaspoon ground cinnamon

4 large Granny Smith or other
baking apples, cored

Preheat the air fryer to 360°F
for 5 minutes.

In a small bowl, combine the
oats, brown sugar, butter,
pecans, and cinnamon.

Using a small spoon, fill the apples with the oat mixture. Cook at 360°F for 20 to 25 minutes.

Serves 4

Note

Good news! If your apples begin to crumble when coring, you can either chop

the apple pieces and add them to the oat filling or dice them up and use the extra oat mixture to make a quickie crumble in an oven-safe pan: simply cook it at 360°F for 15 minutes.





Caramelized Fruit-and-Nut Topping

A sweet and savory caramelized treat turns the ordinary into the extraordinary. Serve over blended frozen

bananas, chopped
fresh fruit or, for a
non-dessert option,
over a salad or in a
Roasted Acorn Squash
half.

1 teaspoon sugar

1 teaspoon light agave syrup

1 teaspoon nondairy butter

1/2 cup coarsely chopped
walnuts

1/2 cup coarsely chopped
pecans

1/2 cup coarsely chopped
dried apricots, cherries,
cranberries, or raisins

1/4 teaspoon ground
cinnamon

Combine the sugar, agave
syrup, and butter in an air

fryer—safe baking pan. Heat the pan in the air fryer for 2 minutes at 360°F. Remove from the air fryer.

Add the walnuts, pecans, apricots, and cinnamon. Toss to coat. Return the pan to the air fryer basket. Cook at 390°F for 5 minutes, stirring at 3 minutes.

Makes 1 1/2 cups

Fried Ginger-O's

If you're like me, you've spent some time at state fairs. For all kinds of reasons, they're not exactly vegan friendly, am I

right? No event can serve up fried food like a big Midwest festival—they even fry Oreos! Here's a fun vegan version. If you can't find Newman's Own brand sandwich cookies, you can always turn to Oreos,

which are accidentally made with plant-based ingredients.

3/4 cup vegan instant
pancake mix

2/3 cup water

1/4 cup soy flour

1/8 teaspoon vanilla extract

1/2 teaspoon sugar

8 Newman's Own Ginger-O's sandwich cookies (or Newman's Own O cookie flavor of your choice or traditional Oreos)

Preheat the air fryer to 390°F for 5 minutes. Place a piece of parchment paper on the air fryer basket; just enough to cover the bottom and with no excess exposed.

In a large bowl, combine the pancake mix, water, soy flour, vanilla, and sugar, whisking well.

Dip the cookies into the batter one at a time with tongs. Shake excess batter off and transfer the cookies to the air fryer basket. You may have to do this in batches, based on the size of your air fryer.

Cook at 390°F for 5 minutes. Flip the cookies over, removing the parchment paper. Cook for 2 to 3 more minutes. The cookies are done when they are golden brown.

Makes 8 cookies



Note

Good news! You can double this recipe and make more cookies. After air-frying them, let them cool. Then wrap them in parchment paper and store in an airtight container or in a

freezer bag. Next time
you're ready to eat one
(or two or three)
simply air-fry them,
frozen, at 390°F for 4
minutes.



Apple Pie Taquitos

These taquitos are
embarrassingly easy.
You can start with a
can of pie filling and
finish up with a
sprinkle of cinnamon.

Or you can take an extra step and make the Chunky Applesauce for a special filling, which is what I highly recommend.

2 to 3 spritzes canola oil

1/4 cup apple pie filling or
Chunky Applesauce
(follows)

2 (6-inch) corn tortillas

1 teaspoon ground cinnamon,
divided

Spritz the air fryer basket
with the oil.

Spread 2 tablespoons pie
filling onto 1 tortilla. Roll the

tortilla up and place it in the air fryer basket. Repeat this process to create the second taquito. Spritz more oil on the top of the tortillas. Sprinkle 1/2 teaspoon of the cinnamon over the taquitos. Cook at 390°F for 4 minutes. Turn the taquitos over, sprinkle the remaining 1/2 teaspoon cinnamon over the taquitos

and cook for 1 minute longer.

Makes 2 taquitos

No-Oil Option: Omit the
canola oil.

Chunky Applesauce

1 large Granny Smith apple,
cored, quartered, and cut
into 1/2-inch pieces

1/2 teaspoon ground ginger

1/2 teaspoon ground
cinnamon

1/4 to 1/2 cup water

Stovetop Method:

Combine the apple, ginger, and cinnamon in a medium saucepan. Stir in 1/4 cup water. Bring to a boil over medium-high heat. Once the mixture is boiling, cover the saucepan, reduce the heat to low, and let the mixture simmer 15 to 20 minutes. Add up to 1/4 cup more water

if needed.

Pressure Cooker or Instant Pot Method:

Place the apple in the pot. Add the ginger, cinnamon, and 1/4 cup water. Cover the pressure cooker and bring to pressure (if you are using an Instant Pot, choose 3 minutes at high pressure). Cook at pressure for 3 minutes. Use a quick release. When the

apples are tender, mash them
with a fork or potato masher.

Makes about 1 cup





Shortbread Cake

My great-grandmother
had my Great Uncle
Wayne's favorite
cookies stored in her
freezer at all times.
Whenever we would

visit (which was constantly, as she lived around the block), we would ask, “Can we have Uncle Wayne’s cookies?” I know that in some parts, these treats are referred to as Mexican wedding cookies, pecan

sandies, or Russian tea cakes, but they will always be Uncle Wayne's cookies to me. For this recipe, you can spread the dough into a springform pan to create a treat that falls somewhere between a

cake and a tart—or
you can make the
cookies variation.

1 cup nondairy butter
1 tablespoon vanilla extract
2 cups unbleached all-
purpose flour, sifted
1/3 cup powdered sugar,
sifted and packed, plus more

as needed

1 cup finely chopped pecans

Cream the butter (I use a stand mixer fitted with the plastic paddle). Add the vanilla and continue mixing. Slowly add the flour, and then the powdered sugar, and mix well. Mix in the pecans.

Shortbread Cake: Roll the

dough into a ball. Preheat the air fryer to 330°F for 3 minutes.

Press the dough into the bottom of an 8-inch springform pan (you may have to adjust how many cakes you make with the dough, based on the size of your air fryer). Place the pan in the air fryer and cook at

330°F for 15 to 17 minutes.

Transfer the pan to a baking rack and allow the cake to cool for 20 to 30 minutes. Serve the cake warm with Caramelized Fruit-and-Nut Topping or simply dust it with additional powdered sugar.

For Cookies: Preheat the air

fryer to 330°F for 3 minutes. Scoop out 2 teaspoons dough and roll into a ball. Set aside. Repeat until you have enough cookies to fill the air fryer basket. (You'll continue forming cookie balls while the first batch cooks.) Bake at 330°F for 12 to 15 minutes, shaking at 6 minutes. While the cookies are still warm,

roll each cookie in the powdered sugar and let them cool on a baking rack.

Makes 1 cake or 2 to 3 dozen cookies



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How to Use Oils
in a Healthy
Vegan Diet

Whole-Foods
Cooking Times
Vegetable Oils

and Cooking
Temperatures

More Ways to
Use the Air
Fryer

Online Resources

Air Fryer Brands

Many of you picked up this book because you are reducing or eliminating oil from your diet. As you can tell from my recipes, I use oil. But you may have health reasons to avoid it. Since this book is a vegan

cookbook, and I'm the cook, I turned to my friend Ginny Messina, my coauthor of *Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet*, to offer her professional opinion on oils. I hope

you find it as
informative as I do!

How to Use Oils in a Healthy Vegan Diet

by Virginia Messina,
MPH, RD

When JL told me I needed an air fryer, I was skeptical. I don't eat a low-fat diet and I have no particular fear of oil. Why would I

need to fry my food in air?

But JL has never steered me wrong, so I decided to give it a try. And the air fryer quickly became my favorite cooking appliance. I use it every day, because

while I'm not afraid of oil, the truth is that I don't want to guzzle it by the gallon. The air fryer meets my needs perfectly; it serves up the culinary benefits of cooking with oil in low-oil recipes. I especially love the

idea of low-oil foods
that remind me of old-
fashioned fried
favorites.

Over the years, oil has
gotten a little bit of a
bad rap. In the 1980s
and '90s, when low-fat
diets were all the rage,

there didn't seem to be any place for oil.

Nutrition research is ever evolving, though, and the emerging story has put fat-rich foods, including oils, in a whole new light. Now we know that how much fat you eat is far

less important than the type you eat. Saturated fat is still off the menu since it raises risk for chronic diseases. But fat from plant foods is actually good for you.

According to the latest evidence, there is a big

range of fat intakes that support health. Anywhere from 20 to 35 percent of your calories can come from fat. That's between 45 and 75 grams of fat for someone consuming 2,000 calories per day.

It's a big range and it means there is room for everyone—those who prefer to eat a lower fat diet and those of us who enjoy higher-fat plant foods.

When it comes to oil in diets, there are

definitely healthy and not-so-healthy ways to use it. Meat and peeled potatoes deep-fried in oil? Not so good. But tomatoes air-roasted with a drizzle of olive oil and a dusting of herbs? Or a few sprays of avocado oil on

baked tofu? That's a different story altogether.

While we know that meals packed with certain fats, including fats from plants—well over 3 tablespoons per serving in some

studies –can damage the lining of the arteries, meals that use just small amounts of oil have exactly the opposite effect. In Mediterranean populations, adding extra-virgin olive oil to diets reduces risk of

dying from a heart attack or stroke, for example.

When we use oil the right way, these modest amounts go a long way toward enhancing flavor and texture of foods and

toward helping us
create some of the
most healthful cuisine
in the world. After all,
plant-based traditions
around the globe use
all types of oil in diets
that are associated
with excellent health.

There are a number of theories about how oil may play a health-promoting role. Just a drizzle of oil makes flavors pop, so it may be that people simply eat more vegetables when the veggies are sautéed in a little bit of

olive oil
or
roasted
with a
few
splashes
of



toasted sesame oil.
The added fat also
improves absorption of

health-enhancing
phytochemicals in
plant foods. But
beyond that, certain
oils have their own
health-promoting
qualities. Extra-virgin
olive oil, for example,
contains unique
phytochemicals that

are related to a decreased risk of heart disease, hypertension, and breast cancer. That peppery “bite” you experience when tasting high-quality olive oil comes from oleocanthal, a compound that may

have powerful anti-inflammatory and anticancer effects.

Keep in mind that quality of extra-virgin olive oil varies greatly. Look for extra-virgin olive oil that is packaged in a dark

glass bottle and that has a harvest or “best by” date on it. An estate name on the label is a good sign that you are purchasing quality olive oil, too. You don’t need to pay a fortune for good olive

oil; check the Truth in Olive Oil website (www.truthinoliveoil.co) for a list of recommended olive oil brands that are available in supermarkets.

Walnut oil also has

demonstrated health benefits and is associated with reduced blood levels of harmful triglycerides. Soybean and walnut oils are unique because they provide high amounts of both omega-6 and

omega-3 fatty acids.

The omega-6 fats
reduce cholesterol
levels while omega-3
fats have anti-
inflammatory
properties.

None of this is to say
that oil is a dietary

essential. Some people prefer to cook without it and that's fine. It's just good to know that if you want to enjoy the recipes in this book that use a little bit of oil, it's okay to do so.

If you cook with oil,

there are a couple of things to keep in mind. Cold-pressed or expeller-pressed oils are extracted from nuts and seeds through mechanical crushing and pressing. These oils are typically higher in antioxidants

and other phytochemicals than refined oils. They also have a richer flavor. However, they are more susceptible to rancidity so they should always be kept in the refrigerator. If you use very little oil

and the bottle lasts for a long time, you can even freeze them. Try freezing oil in ice cube trays so you can defrost just a little bit at a time.

It's also important to pay attention to smoke

point, which is the temperature at which an oil begins to break down and decompose. Generally, refined oils have a higher smoke point so they are best for cooking at high temperatures. But even among refined oils,

smoke point varies.

For omega-3 fats such as hempseed and flaxseed oils, just 1 teaspoon flaxseed oil or 1 1/2 teaspoons hempseed oil will provide the necessary daily dose of this

essential nutrient.

These oils are fragile, though. Keep them in the refrigerator and never heat them.

Common Vegetable Oils and Ideal Cooking Temperatures

| Temperature | Oil |
|---|---|
| High-temperature cooking (400°F to 450°F) | Refined soy oil; peanut oil; sunflower oil; corn oil; safflower oil; avocado oil; light olive oil |
| Moderate-temperature | Refined coconut oil; canola oil |

| | |
|--|--|
| cooking (400°F and lower) | (refined or expeller-pressed); expeller-pressed avocado oil; grapeseed oil |
| Low-temperature cooking (350°F and lower) | Cold-pressed sesame oil; virgin coconut oil; good quality extra-virgin olive oil |
| Flavoring, drizzling, and finishing or cooking at very low heat (320°F | Expeller-pressed nut oils like walnut, almond, and macadamia; toasted sesame oil |

| | |
|------------|--|
| and lower) | |
|------------|--|

Common Whole-Food

| Food | Amount | Time (in minutes) | Co Te (in |
|------------------------------------|-----------------|-------------------------|-----------------|
| Homemade Fries (thin sticks) | 10–35 ounces | 22–50 | 392 |
| Homemade Potato Wedges | 10–28 ounces | 20–28 | 392 |

| | | | |
|-----------------------------|-----------------|-------|-----|
| | | | |
| Homemade Potato Cubes | 10–26 ounces | 20–28 | 356 |
| Whole Baked Potatoes | 4 medium | 20 | 390 |
| | | | |

| | | | |
|---------------------|---------------------|----|-----|
| Artichoke Hearts | 12 ounces frozen | 10 | 350 |
| Brussels Sprouts | Any amount | 12 | 400 |
| Roasted Garlic | 1 bulb | 15 | 320 |

| | | | |
|--|--------------|------|-----|
| | | | |
| Green Beans | About 2 cups | 10 | 375 |
| Peppers (poblano, pasilla, shishito | | 5–10 | 390 |

| | | | |
|----------|--|----|-----|
| etc.) | | | |
| Zucchini | 1 small or medium, sliced into rounds | 10 | 375 |

More Ways to Use the Air Fryer

I started the Facebook group, Vegan Air Frying Enthusiasts, as soon as I bought my first air fryer. The group members and I have fun sharing

cooking techniques
and “hacks” with one
another. Here are some
of our favorites:

- Melt nondairy
butter in a small
ramekin for baking
or making a sauce:
30 seconds at

390°F.

- Toast frozen bagels: 3 minutes at 390°F.

- Toast bread: 2 minutes at 360°F.

- Warm soft corn or flour tortillas by layering them, with parchment

paper between
each tortilla, and
wrap in foil: 10
minutes at 330°F.

- Cook almost any
Gardein brand
frozen food: 8 to
10 minutes at
390°F.

- Cook frozen

vegan egg rolls
and pot stickers
(readily available
at Asian markets):
	10 minutes at
390°F.

- Cook frozen
vegan burgers: 10
to 15 minutes at
390°F.

- Make a grilled cheese sandwich with 2 pieces of bread and 1 to 2 slices nondairy cheese. Spread nondairy butter on one side of each piece of bread and place the sandwich

in the air fryer,
battered sides
facing out: 3
minutes on 390°F.

- Reheat leftovers
in the air fryer
instead of a
microwave.

Simply add the
food to an air

fryer–safe bowl or pan: 5 to 10 minutes at 360°F or 390°F.

- Perk up restaurant carryout or delivery. Simply place fried or baked food in the air fryer to warm it

and make it
crunchy again: 5
minutes at 360°F.

If you can bake it, you
can probably air-fry it.
While there is no hard
and fast conversion, I
have found that air-
frying at close to the

same temperature
recommended for
conventional baking
while reducing the
cooking time by half
works pretty well.
Give it a try!

Online Resources

- **JL's website:**
jlgoesvegan.com

- **Vegan Air
Frying
Enthusiasts
Facebook group:**
[https://www.facebo](https://www.facebook.com/VeganAirFryingEnthusiasts/)
[/](https://www.facebook.com/VeganAirFryingEnthusiasts/)

- **FatFree
Vegan Air Fryers**

Facebook group:

[**https://www.facebook.com/**](https://www.facebook.com/)

Air Fryer Brands

My first air fryer was the GoWISE 4th generation 3.7-quart. This size was ideal for our two-person

household. I added the Philips Avance XL to my air-frying arsenal because I wanted to work with a large basket that could hold a variety of accessories for

creating recipes. I then added two other models: the Farberware (exclusive to Walmart), which was the exact same size as the GoWISE, and a much smaller

Simply Ming.
My recipes work
beautifully in all
four models, but
you'll clearly
have more
flexibility with a
larger device,
particularly if
you want to layer

food in the air fryer or use accessories such as a baking pan or casserole dish.

I enlisted a good number of recipe testers for this cookbook and they used a

variety of models
including Cook's
Essential, Elite
Platinum,
Farberware,
GoWISE (four
different models),
and three
different models
of Philips.

I moderate a Facebook group dedicated to vegan air frying. At the time I was writing this cookbook, we had nearly 5,000 members. I asked the group to

share which air fryer brands they use:

- Avalon Bay
- Bella
- 	Black & Decker
- 	Cooks

Companion

- 	Cook's Essentials
- 	Farberware
- 	Force
- 	Gourmista
- GoWISE
- 	Kalorik
- 	Lidore

- 	NuWave
Brio
- 	Philips
- 	Power
Air Fryer
XL
- 	Rosewill
- 	Simply
Ming

- 9;T-fal
ActiFry

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First and foremost,
thank you to Jon
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team. I am a longtime
fan of the quality
vegan cookbooks
produced by Vegan

Heritage Press, and it's my utmost honor to now be among the authors I've admired for so long. Jon's leadership and appreciation for an author's unique voice and vision is special. I am grateful.

Michelle Donner, the brilliant photographer for this book, is a dream come true. With humor, passion, and a creative eye, she made each dish with love and enthusiasm. She is a skilled professional and a woman I'm

honored to call a very dear friend.

Ginny Messina, my coauthor of *Vegan for Her*, is the reason I was able to become a “professional vegan.” (Because what’s better than spending every

single waking hour
focused on furthering a
vegan message and
changing the world for
animals?) Ginny is the
reason I'm a happy,
healthy vegan with
zero hang-ups about
body size. When I
asked her to write the

piece on oil she said
yes, bought an air
fryer, and tested
recipes. What a friend.
What a voice of
reason. What a force
of nature.

I am so grateful for my
recipe testers. You

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To the Vegan Air
Frying Enthusiasts
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members: Michelle
and I are so honored to

moderate a group
filled with like-minded
culinary wizards
creating and sharing
ideas for air fryer
creations. Such a
compassionate
community.

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and Larry; niece Paige;
and Aunt Candy
eagerly nibbled on my
air-fried bites, too.
Thank you!

At the time I write this
book, the animal
companions in my life
are Ernie and Oliver.

They are impossibly
bossy cats and they are
impossible not to love.
I am, forever, a crazy
cat lady.

My heart bursts for my
husband, Dave. He has
been my biggest
cheerleader since we

met in 1996. Not only does he support every single nutty idea I have, he's usually right next to me, helping me make it happen.

And finally, thanks to the one and only

reason I write vegan
cookbooks: the
animals.

About the Author



JL Fields is an author,
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**[https://www.facebook.com/
/](https://www.facebook.com/VeganAirFryingEnthusiasts)**



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Metric Conversions and

Equivalents

The recipes in this book have not been tested with metric measurements, so some variations may occur.

| LIQUID | |
|------------|--------|
| US | METRIC |
| 1 tsp | 5 ml |
| 1 tbs | 15 ml |
| 2 tbs | 30 ml |
| 1/4 cup | 60 ml |
| 1/3 cup | 75 ml |
| 1/2 cup | 120 ml |
| 2/3 cup | 150 ml |
| 3/4 cup | 180 ml |
| 1 cup | 240 ml |
| 1 1/4 cups | 300 ml |
| 1 1/3 cups | 325 ml |
| 1 1/2 cups | 350 ml |

| GENERAL MEASUREMENTS |
|-----------------------|
| Ounces to grams |
| Grams to ounces |
| Pounds to grams |
| Pounds to kilograms |
| Cups to liters |
| Fahrenheit to Celsius |
| Celsius to Fahrenheit |

| WEIGHT | |
|----------|--------|
| US | METRIC |
| 1/2 oz | 14 g |
| 1 oz | 28 g |
| 1 1/2 oz | 43 g |

| | |
|------------------|--------|
| 1 2/3 cups | 375 ml |
| 1 3/4 cups | 400 ml |
| 2 cups (1 pint) | 475 ml |
| 3 cups | 720 ml |
| 4 cups (1 quart) | 945 ml |

| LENGTH | |
|-----------|---------|
| US | METRIC |
| 1/2 inch | 1.25 cm |
| 1 inch | 2.5 cm |
| 6 inches | 15 cm |
| 8 inches | 20 cm |
| 10 inches | 25 cm |
| 12 inches | 30 cm |

| | |
|---------------|-----|
| 2 oz | 57 |
| 2 1/2 oz | 71 |
| 4 oz | 113 |
| 5 oz | 142 |
| 6 oz | 170 |
| 7 oz | 200 |
| 8 oz (1/2 lb) | 227 |
| 9 oz | 255 |
| 10 oz | 284 |
| 11 oz | 312 |
| 12 oz | 340 |
| 13 oz | 368 |
| 14 oz | 400 |
| 15 oz | 425 |
| 16 oz (1 lb) | 454 |