

# Air Fryer:



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## USING YOUR NEW AIR FRYER

More and more people are interested in using new appliances to make their life easier and still make healthy meals. Whether it is the air fryer or a pressure cooker. So, let's talk about the air fryer. What is an air fryer? Why can the air fryer be a healthier option?



### What is an air fryer?

Air fryers are a kitchen appliance that can fry foods by circulating hot air around the food. Air-fried foods can be healthier than deep-fried foods because they require less oil to produce a similar taste and texture. One type of an air fryer is pictured on the left. It is called the basket air fryer and it is one of the most popular, because it is like a deep fryer that people are familiar with. The other type of air fryer is called the convection oven air fryer and this fryer works a lot like a toaster oven. It is bigger and people tend to shy away from it because of its size and because it is more complex to use, with its many functions.

### What are some of the benefits of using an air fryer?

- It can reduce overall calorie intake by 70 to 80%, on average, because of the small amounts of oil needed.
- Food does not absorb oil(s) because it isn't being soaked in it.
- Use of an air fryer can be time-efficient and easy to clean up.
- By making vegetables crispy, picky eaters may eat more healthy vegetables.
- It eliminates most of that frying odor in your home, at least less of a smell.



Air fryers can be a healthier cooking method, and convenient. An air fryer will cook your food faster than a traditional oven because you don't have to wait for your air fryer to warm up, like a regular oven. So, already you are saving time and money. But not only is it the warming time helping to cook your food faster, but the air fryer is a small appliance. The food is closer to the heating element which also helps speed up the cooking process. An air fryer works with a fan and this fan placement is another reason why your air fryer can cook faster than your oven. In the oven, the fan is in the back which takes more time to circulate around the food. For these reasons, the air fryer has become a new staple in many people's kitchen. Check out this Extension website for recipe ideas: <https://extension.msstate.edu/publications/air-fryer-recipes>

Here is a quick reference of the many things that you can cook in an air fryer that might save you some time and money and add CRUNCH to your diet without the guilt! These are a just a few of many things that you can make in the air fryer.

- Potatoes
- Any vegetable
- Salmon
- Cinnamon rolls
- Bacon; Pork chops
- Make your own chips
- Chicken tenders



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#### References

American Heart Association, <https://www.heart.org/>

Air Fryer Recipes: <https://extension.msstate.edu/publications/air-fryer-recipes>