



Is an air fryer for you?

The air fryer has found a home on the kitchen counter of about two-thirds of Americans, and for good reason! This handy little gadget is easy to use, a breeze to clean, and significantly cuts down on cooking time.

The biggest draw of an air fryer is its ability to cook food to a crispy perfection without the need for deep frying in oil, saving on calories and excess fat. Some air fryer recipes suggest using a little oil, while others use none at all. But air fryers aren't just for mimicking fried foods: they're excellent for general cooking, reheating, toasting, and more.

Air fryers work by circulating hot air around food placed in a metal basket. A heating element near the top emits heat, and a fan rapidly circulates the air around the food. This combination of radiation and convection, often referred to as Rapid Air Technology or Radiant UpStream Heating (RUSH), creates a cooking method similar to convection cooking but with more powerful airflow. The result? "Frying" without submerging food in oil.

Air fryers do more than cook traditionally fried foods like French fries and chicken.

You can use an air fryer to reheat leftovers, heat up frozen foods, hard "boil" eggs, cook up corn on the cob, "grill" your favorite veggies, and even make healthier versions of muffins and other baked goods. One lesser-known feature of many air fryers is their ability to dehydrate foods. By using lower temperatures and longer cooking times, you can make your own dried fruits, vegetable chips, and even jerky.

Here are a few more benefits – air fryers also promote more even cooking due to the powerful circulation of hot air, reducing the chances of hot spots or uneven cooking that can occur in conventional ovens. Air fryers, compared with regular ovens, can save on your energy bill because they are smaller and more efficient, use less electricity (and no gas), and cook food faster. For those with limited kitchen space, the compact size easily fits on countertops and stored on a shelf.

Finally, air fryer passion abounds online, where you'll find countless recipes and tips. From social media groups to recipe blogs, you can find inspiration and guidance for making the most out of your air fryer.

Air Fryer Falafel



Falafel, a delicious Mediterranean specialty, are usually deep fried. But they turn out just as delicious in the air fryer! Dried beans are the least expensive source of protein you can buy. Along with high quality plant protein, chickpeas deliver fiber, magnesium, potassium, iron, calcium, and phytochemicals, nutrients most Americans fall short on. This recipe requires a little planning, but comes together fast when you make it.

You will need:

- 2 cups dried chickpeas (NOT canned or cooked chickpeas)
- 1 tsp baking soda
- 1 cup fresh parsley leaves, large stems removed
- $\frac{3}{4}$ cup fresh cilantro leaves, large stems removed
- $\frac{1}{2}$ cup fresh mint (optional)
- 1 tbsp dried dill
- 1 medium onion, peeled and quartered
- 6 large garlic cloves, peeled
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tsp baking powder
- 2 tbsp toasted sesame seeds

1. The day or night before, place dried chickpeas in a large bowl with plenty of water. Add baking soda and stir. Let sit for about 18 hours, up to 24 total.
2. Once chickpeas are soaked, drain and rinse them under running water. Pat dry with a tea towel or paper towels.
3. Blend chickpeas and remaining ingredients in a food processor, scraping down the sides as needed, until the mixture is well blended. Refrigerate for about 20-30 minutes.
4. Using an ice cream scooper or cookie dough scoop, shape 2-4 tbsp of falafel mixture into balls. Use your hands to get them to shape and stick together.
5. Brush the bottom of your air fryer with olive oil. Then, place the falafels in the air fryer, leaving at least an inch of space between them.
6. Air fry at 400°F for 10-12 minutes or until golden brown and crispy. Gently flip them around halfway through cooking.