

# Healthy air fryer recipes

FOR THE HOLIDAYS



**Air fryers are having a moment.** And why not? They “fry” foods quickly, giving them a toasty exterior with minimal or no oil. The secret to this method is the fan that circulates hot air at a high speed.<sup>1</sup> It can reduce cooking time by 20%.<sup>2</sup>

Holiday meal season is when the side dishes shine. While some air fryers have a “bake” setting, it is probably not the place to cook a turkey, ham or roast. But it can be perfect for side dishes. Read on to discover delicious air fryer recipes for the holidays.



Makes 4 servings | Prep: 10 min | Cook: 25 min

## Crispy brussels sprouts

These will become your favorite brussels sprouts in a snap.

### Ingredients

- 1 lb brussels sprouts, trimmed and halved
- 1 Tbsp olive oil
- ¼ tsp salt
- ¼ tsp ground pepper
- ½ tsp onion powder

### Preparation

Toss brussels sprouts with olive oil, salt, pepper and onion powder. Arrange in a single layer in air fryer basket.

Cook at 350°F until sprouts are crisp, 20 to 25 minutes, shaking halfway through.

### Nutrition information | Serving size: ¼ recipe



Calories: 80 | Total fat: 4 g | Saturated fat: 1 g | Sodium: 176 mg | Cholesterol: 0 mg  
Total carbs: 11 g | Fiber: 4 g | Sugars: 3 g | Protein: 4 g | Potassium: 445 mg



Makes 4 servings | Prep: 10 min | Cook: 25 min

## Air fryer sweet potato fries

Replace your marshmallow-topped casserole with these crispy, caramelized wedges.

### Ingredients

- 4 medium sweet potatoes (about 1 lb), cut lengthwise into wedges
- 1 Tbsp olive oil
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp salt
- ¼ tsp black pepper

### Preparation

Toss sweet potato wedges with oil and spices. Spread wedges in a single layer in the fry basket (you may need to do two batches).

Cook at 350°F for 20 to 25 minutes, until crispy, tossing halfway through.

### Nutrition information | Serving size: ¼ recipe



Calories: 165 | Total fat: 4 g | Saturated fat: 1 g | Sodium: 158 mg | Cholesterol: 0 mg  
Total carbs: 32 g | Fiber: 5 g | Sugars: 1 g | Protein: 2 g | Potassium: 930 mg



Makes 4 servings | Prep: 10 min | Cook: 10 min

## Spicy green beans

These are a low-carb substitute for green bean casserole. Can't break with tradition? These crunchy beans make a great appetizer, snack or side dish.<sup>3</sup>

### Ingredients

- 12 oz fresh green beans, trimmed
- 1 Tbsp olive oil
- 1 tsp Thai-style chili garlic paste
- 1 Tbsp whole-wheat panko breadcrumbs
- ¼ tsp salt

### Preparation

Place the green beans in a medium bowl and toss with the olive oil, chili garlic paste, panko breadcrumbs and salt. Place the green beans in the air fryer basket. Set the temperature to 400° F and air fry for 4 minutes. Shake the air fryer basket. Air fry for an additional 5 to 7 minutes. Serve warm.

### Nutrition information | Serving size: ½ cup



Calories: 60 | Total fat: 4 g | Saturated fat: 1 g | Sodium: 160 mg | Cholesterol: 0 mg  
Total carbs: 7 g | Fiber: 2 g | Sugars: 1 g | Protein: 2 g | Potassium: 115 mg



Makes 4 servings | Prep: 5 min | Cook: 13 min

## Crispy egg cups

For a quick and easy breakfast on a holiday (or the day after), the air fryer crisps these cups up in minutes. Replace the ham with leftover veggies to make it vegetarian.<sup>4</sup>

### Ingredients

- Nonstick cooking spray
- 4 slices whole wheat bread (toasted, crusts removed)
- 1 ½ Tbsp butter substitute
- 2 oz deli-style ham
- 4 large eggs
- Salt and pepper to taste

### Preparation

Preheat the air fryer, with the air fryer basket in place, to 375°F. Spray 4 (8-ounce) oven-proof custard cups or ramekins with nonstick cooking spray. Spread one side of the bread with the butter substitute. Place the bread, spread-side-down, into a ramekin and press gently to shape the bread into the cup. Repeat three more times. Slice the ham into strips about ½-inch wide. Place the strips in a single layer in the cups. Crack one egg into each cup. Sprinkle with salt and pepper. Place the filled, uncovered custard cups in the air fryer basket. Air fry for 10–13 minutes or until the eggs are softly set or done as desired.\* Carefully remove each ramekin from the air fryer basket. Using a hot pad, hold each cup carefully and run a knife around its sides to transfer to a plate.

### Nutrition information | Serving size: 1 egg cup



Calories: 150 | Total fat: 8 g | Saturated fat: 3 g | Sodium: 410 mg | Cholesterol: 195 mg  
Total carbs: 6 g | Fiber: 1 g | Sugars: 1 g | Protein: 12 g | Potassium: 135 mg

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<sup>1</sup><https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/reasons-to-love-your-new-air-fryer>

<sup>2</sup><https://www.airfryercalculator.com/>

<sup>3</sup><https://www.diabetesfoodhub.org/recipes/air-fryer-spicy-green-beans.html>

<sup>4</sup><https://www.diabetesfoodhub.org/recipes/air-fryer-crisp-egg-cups.html>

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.