



**Tips:**

*Check the lemon pepper seasoning label to make sure it contains only lemon and pepper. Many lemon pepper seasonings have a lot of sodium.*

*Add more flavor with more garlic powder, lemon pepper, cayenne, or smoked paprika. These seasonings do not contain sodium.*

*Enjoy these wings with Sweet and Spicy Sweet Potato Fries (see recipe below).*

### Lemon Pepper Chicken Wings

**Ingredients**

- 1 pound chicken wings, split into flats and drumettes
- 1 tablespoon olive oil (or your preferred oil)
- 1 teaspoon salt
- 2 teaspoons garlic powder
- 2 tablespoons lemon pepper
- Dash of cayenne or smoked paprika

**Steps**

1. Wash your hands with soap and water.
2. Thoroughly pat dry the chicken wings with paper towels and place in a mixing bowl. Do not rinse raw chicken. Throw away the paper towels immediately after use.
3. Wash your hands with soap and water after touching raw chicken.
4. Evenly coat the chicken with a tablespoon of oil, and then sprinkle with seasonings.
5. Wash your hands with soap and water after touching raw chicken.
6. Preheat your air fryer if your instructions tell you to do so. The additional few minutes will allow the chicken to marinate in the seasoning.
7. Place the chicken in your air fryer basket, spacing evenly.
8. Air fry at 400°F for 8 minutes per side, or until chicken wings are crisp and golden brown with an internal temperature of 165°F. Measure the temperature with a food thermometer at the thickest part of the chicken, but not touching the bone.



**Tips:**

*For savory sweet potato fries, use garlic powder, black pepper, and chili powder instead of nutmeg and cinnamon.*

*By keeping the sweet potato skins on, you get more fiber!*

### Sweet and Spicy Sweet Potato Fries

**Ingredients**

- 2 large sweet potatoes
- 2 tablespoons olive oil
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt

**Steps**

1. Wash your hands with soap and water.
2. Scrub the sweet potatoes with a clean vegetable brush under running water.
3. Cut each sweet potato in half lengthwise and again crosswise so you have four pieces. Slice each piece again, into two or three thick slices to make the potato more manageable to cut.
4. Cut each slice into fries. Try to keep all the fries the same size so they will cook evenly.
5. Preheat the air fryer to 350°F. While it is preheating, place the cut fries in a bowl and toss with olive oil. Sprinkle with the seasonings and toss to coat.
6. When the air fryer has preheated, add the fries to the basket and cook for 15 minutes.
7. Pull out the basket and use tongs to quickly turn the fries (so the ones that were on the bottom are now on the top).
8. Continue cooking 10–12 more minutes or until the fries are thoroughly cooked and golden brown.



## Soft Pretzels

### Tip:

*Beware of cross-contamination. Foodborne illness can occur if kitchen equipment is not thoroughly washed between uses. Wash cooking equipment, including blenders, in hot, soapy water after using them with raw eggs.*

### Ingredients

- 1½ cups warm water (110–115°F)
- 1 tablespoon sugar
- 2 teaspoons kosher salt, plus a little more for sprinkling on top
- 1 package active dry yeast
- 4½ cups whole-wheat flour
- 4 tablespoons butter, melted
- 10 cups water
- ⅔ cup baking soda
- 1 egg yolk, beaten
- 1 tablespoon cold water

### Steps

1. Wash your hands with soap and water.
2. Combine 1½ cups warm water, sugar, and kosher salt in the bowl of a stand mixer with a dough hook. Sprinkle the yeast on top and allow to sit for 5 minutes.
3. Add flour and butter to the yeast mixture and mix on low speed until combined. Increase the speed and mix until the dough is smooth and pulls away from the sides of the bowl, about 5 minutes.
4. Place the dough in a large, well-greased bowl. Cover the bowl with a tea towel or plastic wrap, and place it in a warm place for about 1 hour or until it doubles in size.
5. Line a cookie sheet with parchment paper and spray it with nonstick spray. Preheat the air fryer to 400°F.
6. In a large pot, bring 10 cups of water and the baking soda to a boil.
7. Place the dough on an oiled work surface and divide it into 12 equal pieces. Roll each piece of dough into an 18-inch rope. Twist into a pretzel shape.
8. One by one, place each pretzel into the boiling water for 30 seconds. Remove and place back on the cookie sheet.
9. Mix the beaten egg yolk and 1 tablespoon of cold water together.
10. Wash your hands with soap and water after handling raw eggs.
11. Brush the top of each pretzel with the egg mixture and then sprinkle with kosher salt.
12. Place as many pretzels in your air fryer basket as you can, but make sure they don't touch. Cook for 6 minutes at 400°F. Turn the pretzels over and cook for another 6 minutes until dark golden brown. The internal temperature should reach 190–210°F to cook the egg glaze.
13. Enjoy with Honey Butter Dip (see recipe on next page)!



## Honey Butter Dip

### Ingredients

- ½ cup unsalted butter (1 stick), softened
- ¼ cup of honey
- Salt to taste

### Steps

1. Wash your hands with soap and water.
2. Put butter and honey in a bowl.
3. Mix until fluffy.
4. Serve at room temperature so it is easier to spread.

*Butter is safe at room temperature. But it can turn rancid after several days, so it's best to leave out only what you can use within a day or two.*

### Tips:

*Use a hand mixer or a whisk!*

*Honey is a great source of antioxidants. Try honey from a local farm for extra freshness! (But remember, honey is not safe for children younger than 1.)*

*Use unsalted butter so you can control the amount of sodium.*



## Brussels Sprouts

### Ingredients

- 1 pound (fresh or frozen) Brussels sprouts, halved
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- ½ cup grated parmesan cheese
- 2 tablespoons olive oil

### Steps

1. Wash your hands with soap and water.
2. If using fresh Brussels sprouts, rinse under cold water before cooking.
3. Coat the Brussels sprouts with olive oil and seasonings.
4. Preheat your air fryer if your instructions tell you to do so.
5. Add the sprouts to your air fryer basket and cook for 7 minutes at 350°F. Turn them over and cook for an additional 7 minutes. Increase the heat to 375°F and cook until the sprouts are as tender as you like.

### Tips:

*The seasonings used in this recipe are salt-free, so feel free to use more as desired!*

*Brussels sprouts are high in fiber and antioxidants. Antioxidants protect cells from damage.*



**Tip:**

*Garlic is a healthy ingredient to use in almost all savory dishes—it helps lower blood pressure and cholesterol.*

## Honey BBQ Chicken Wings

### Ingredients

- 2 pounds chicken wings
- 2 teaspoons baking powder
- 1 teaspoon salt (can use ½ teaspoon regular and ½ teaspoon smoked salt for a smoky flavor)
- 1 teaspoon black pepper
- 2 teaspoons smoked paprika
- 2 teaspoons garlic powder
- 2 teaspoons parsley flakes
- 1 teaspoon liquid smoke
- Oil to grease basket
- Honey BBQ Sauce (recipe below)

### Steps

1. Wash your hands with soap and water.
2. Combine the baking powder, salt, pepper, paprika, garlic powder, and parsley flakes in a small bowl.
3. Place the raw chicken onto a cutting board or easily washable surface.
4. Pat the chicken wings dry with paper towels and place in a mixing bowl. Do not rinse raw chicken. Discard paper towels immediately after use.
5. Wash your hands after handling raw poultry.
6. Pour the liquid smoke and spices directly on the chicken. Use your hands to evenly rub in the mixture.
7. Wash your hands.
8. Grease the air fryer basket.
9. Add the chicken, being sure to leave enough space for air to circulate around the pieces. Be sure to wash your hands every time you touch raw chicken.
10. Cook at 350°F for 15 minutes.
11. Flip the chicken over and cook at 400°F for 5–7 more minutes or until the wings are crisp.
12. Make sure the chicken reaches an internal temperature of 165°F. Use a food thermometer to check the temperature at the thickest part of the chicken (without touching bone).
13. Remove from the air fryer basket and brush immediately with the barbecue sauce.



**Tip:**

*This sauce is better if it can be made a day ahead. Store it in the refrigerator and simply reheat just before serving.*

## Honey BBQ Sauce

### Ingredients

- 1 cup ketchup
- 2 tablespoons pineapple juice
- 2 tablespoons dark brown sugar
- ¼ cup honey
- 2 teaspoons Worcestershire sauce
- 2 teaspoons liquid smoke
- 1 teaspoon distilled white vinegar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon pepper
- ¼ cup water

### Steps

1. Wash your hands with soap and water.
2. Add all ingredients to a saucepan and stir.
3. Bring to a light simmer.
4. Reduce heat and simmer until sauce thickens.
5. Taste and adjust seasonings if needed.



## Pork Chops for Two

### Tips:

Place the meat thermometer in the center or thickest part of the meat and avoid touching any bone. Be sure to clean the thermometer after each use.

Paprika contains vitamin A and antioxidants that may help with vision and improve your cholesterol!

### Ingredients

- 2 center-cut, bone-in pork chops, 1½–2 inches thick
- 2 tablespoons brown sugar
- 1 tablespoon paprika
- 1½ teaspoons salt
- 1½ teaspoons black pepper
- 1 teaspoon ground mustard
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- 1–2 tablespoons olive oil (or your preferred oil)

### Steps

1. Wash your hands with soap and water.
2. Preheat the air fryer to 400°F for 5 minutes.
3. Mix all of the dry ingredients together in a mixing bowl to create a dry rub seasoning.
4. Coat the pork chops evenly with oil.
5. Rub each pork chop liberally with the dry rub, and place them in the air fryer basket.
6. Wash your hands after handling raw meat.
7. Cook the pork chops at 400°F for 12 minutes, flipping them after 6 minutes.
8. Use a meat thermometer to make sure pork is cooked to at least 145°F.
9. Once the pork chops are properly cooked, remove from the air fryer and enjoy!



## Beef Kabobs

### Tips:

You can use chicken instead of beef. The internal temperature should be at least 165°F.

Bell peppers are a good source of vitamins A and C, which can help you fight off the common cold!

Have the meat department cut your beef into 1-inch cubes. This lessens the chances of contaminating your kitchen area when cutting the meat yourself.

### Ingredients

- 1 pound beef chuck ribs or any tender cut of meat, cut into 1-inch pieces
- ⅓ cup light sour cream or Greek yogurt
- 2 tablespoons soy sauce
- 1 bell pepper
- 1 onion
- 1 tomato
- 6-inch wooden skewers

### Steps

1. Wash your hands with soap and water.
2. Mix the sour cream or Greek yogurt with soy sauce in a bowl.
3. Place the beef chunks in the bowl, coating the meat with the marinade. Let it soak for at least 30 minutes. The longer it marinates, the more flavor it absorbs.
4. Wash your hands after handling raw meat.
5. On a clean cutting board, slice the bell pepper and onion into 1-inch pieces.
6. Soak the wooden skewers in water for about 10 minutes. This will keep them from charring or burning while cooking.
7. Preheat the air fryer to 400°F.
8. Thread the marinated beef, onions, and bell peppers onto the soaked skewers.
9. Cook for 10 minutes, turning halfway through the cooking time.
10. Remove the kebobs and make sure the beef is cooked to at least 145°F.



## Roasted Carrots

### Ingredients

1 pound carrots (or 16 ounces)

1 teaspoon oil

Salt and pepper to taste

### Steps

1. Wash your hands with soap and water.
2. Peel the carrots and cut them into 2-inch pieces.
3. Preheat the air fryer to 360°F for 1–2 minutes.
4. Toss the carrots in about 1 teaspoon of oil, coating evenly.
5. Place the carrots in the fryer basket and cook for 15–18 minutes, mixing or shaking every few minutes.
6. Test the carrots with a fork for tenderness.
7. Add salt and pepper to taste and shake the basket to coat.
8. Serve warm.



## Spiced Carrots

### Ingredients

1 pound carrots (or 16 ounces)

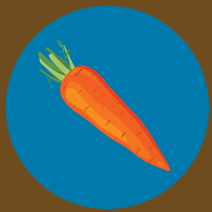
1 teaspoon oil

½ to 1½ teaspoons chili powder

½ teaspoon ground cinnamon

### Steps

1. Wash your hands with soap and water.
2. Peel the carrots and cut them into 2-inch pieces.
3. Preheat the air fryer to 360°F for 1–2 minutes.
4. Toss the carrots in about 1 teaspoon of oil, coating evenly.
5. Add chili powder and cinnamon, and toss to coat.
6. Place the carrots in the fryer basket and cook for 15–18 minutes, mixing or shaking every few minutes.
7. Test the carrots with a fork for tenderness.
8. Add salt and pepper to taste and shake the basket to coat.
9. Serve warm.



## Honey Butter Carrots

### Tip:

*Carrots are tasty and highly nutritious—the fiber in carrots can help lower your blood sugar and improve your gut health.*

### Ingredients

- 1 pound carrots (or 16 ounces)
- 1 teaspoon oil
- 1 tablespoon unsalted butter
- 1 tablespoon honey

### Steps

1. Wash your hands with soap and water.
2. Peel the carrots and cut them into 2-inch pieces.
3. Preheat the air fryer to 360°F for 1–2 minutes.
4. Toss the carrots in about 1 teaspoon of oil, coating evenly.
5. Place the carrots in the fryer basket and cook for 15–18 minutes, mixing or shaking every few minutes.
6. Test the carrots with a fork for tenderness.
7. Brown the butter in a saucepan or the microwave (melt and cook until brown specks appear).
8. Remove from heat and mix with honey.
9. Drizzle over the carrots.
10. Serve warm.



## Crunchy Fish

### Tips:

*Make your own Creole seasoning by mixing 1 teaspoon paprika, ½ teaspoon garlic powder, ½ teaspoon black pepper, and 1 teaspoon salt.*

*Fish is low in fat and high in protein!*

*Fatty fish like salmon and trout are high in omega-three fatty acids, which are good for your health.*

*Fresh fish tastes better than frozen.*

### Ingredients

- 1 pound white fish fillets (no more than ½-inch thick)
- 1 large egg
- ½ cup yellow cornmeal
- 1 tablespoon Creole seasoning

### Optional

- Lemon wedges
- Parsley
- Hot sauce

### Steps

1. Wash your hands with soap and water.
2. Preheat the air fryer for at least 3 minutes to 400°F.
3. Whisk the egg in a shallow pan. In another shallow pan, combine the cornmeal and Creole seasoning.
4. Pat the fish completely dry. Dip the fish fillets into the egg. Allow excess egg to drip back into the pan. Then, press the fish into the cornmeal mixture until it is well-coated on both sides.
5. Place the fish into the preheated air fryer basket.
6. Wash your hands with soap and water after handling raw fish.
7. Spritz the fish lightly with oil.
8. Cook for 10 minutes, stopping midway to flip the fish to ensure even cooking. If you notice dry spots on the fish, spritz it with a little more oil. Return the basket to the air fryer and cook for 5–7 more minutes or until the fish is cooked through. Fish should reach an internal temperature of 145°F. Check the temperature with a food thermometer.
9. Once done, squeeze the lemon lightly over the fish. Sprinkle with parsley or hot sauce as desired.
10. Serve immediately.

**Publication 3578** (POD-06-24)

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Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. ANGUS L. CATCHOT JR., Director