



5-INGREDIENT BUDGET AIR FRYER COOKBOOK FOR BEGINNERS

100 FAST, CRISPY & DELICIOUS LOW-COST MEALS UNDER \$10
WITH 15-MINUTE PREP, WALMART STAPLES & EASY COOKING CHARTS



THE 5-INGREDIENT / UNDER \$10 GUARANTEE

Every recipe tested for maximum crispiness & minimal grocery
spend

CHEF NORA HIGGINS

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5-Ingredient Budget Air Fryer Cookbook for Beginners

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From Chef Nora's Kitchen:

"As a working parent on a tight budget, I got tired of cookbooks that demanded 18 obscure spices and 45 minutes of prep. This book is for real life: 5 affordable ingredients from any local supermarket, less than 15 minutes of hands-on prep, and shatteringly crispy dinners the whole family loves for under \$10."

The 5-Ingredient Pantry Secret

Kitchen Staples

To keep your grocery bill under \$40/week, keep these 6 budget staples in your pantry. They are not counted in the 5 ingredients (Salt, Pepper, Oil Spray & Water are pantry freebies):

1. High-Smoke Point Oil Spray: Avocado or light olive oil spray for even golden crisping without sogginess.

2. Garlic & Onion Powder: The dynamic duo for instant savory umami without peeling fresh cloves.

3. Smoked Paprika: Gives food that deep, slow-cooked BBQ color and subtle woody aroma.

4. Cornstarch or Rice Flour: The secret dusting weapon for shatteringly crisp chicken wings and fries.

Master Air Fryer Cooking Chart

Quick Ref

The ultimate reference guide for perfect doneness every single time:

 Chicken Wings & Drumsticks	390°F (200°C) • 20–22 mins (Flip at 10m)
 Boneless Chicken Breasts	375°F (190°C) • 12–15 mins (Internal 165°F)
 Pork Chops (Bone-In)	400°F (204°C) • 12–14 mins (Rest 3m)
 Beef Burgers / Sliders	380°F (193°C) • 10–12 mins
 Salmon Fillets (Skin-On)	375°F (190°C) • 10–12 mins (Skin down)
 Broccoli & Cauliflower Florets	380°F (193°C) • 10–12 mins (Shake basket)
 Homemade French Fries	380°F (193°C) • 18–20 mins (Bump to 400°F final 2m)

7 Rookie Mistakes to Avoid

Pro Secrets

1. Overcrowding the Basket: Air fryers work via rapid convection currents. Stacking food steams it instead of frying it. Cook in batches!

2. Wet Protein = Sogginess: Always pat chicken, fish, and tofu bone-dry with paper towels before seasoning.

3. Using Aerosol Cans with Propellants: Propellants damage the non-stick basket coating. Use a refillable pump oil mister.

4. Forgetting the Shake: Shaking smaller foods (fries, veggies, nuggets) halfway ensures uniform golden brown color.

The 4-Week \$40 Grocery Blueprint

How to feed 2–4 people dinner 5 nights a week for less than \$40 at Walmart or Aldi:

- **Week 1 Protein Core:** 4 lbs Chicken thighs (\$5.99) + 2 lbs Pork chops (\$6.49)
- **Week 1 Veggie Core:** 5 lbs Russet potatoes (\$2.99) + 2 lbs Carrots (\$1.79) + Broccoli (\$2.49)
- **Week 1 Staples:** Eggs (\$2.49) + Shredded cheese (\$2.29) + Bread (\$1.50)

Total Basket: \$36.04 (Yields 10–12 generous dinner portions!)



PART 01

Section 1: Golden Poultry & Crispy Chicken Wings

25 Fast, high-protein chicken dinners under \$8



PART 02

Section 2: Hearty Beef, Pork & Savory Meats

20 Rich, tender steak bites, pork chops & burgers



PART 03

Section 3: Budget Seafood & Crispy Fish Dinners

15 Flaky salmon, shrimp & white fish fillets under \$10



PART 04

Section 4: Crispy Veggies, Sides & 5-Ingredient Sweets

45 Golden fries, appetizers & baked desserts

Crispy Garlic-Herb Chicken Wings

 Prep: 5m Cook: 22m 390°F (200°C) 380 kcal (32g)

5 Affordable Ingredients:

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 22m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

Budget Swap:

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

 Prep: 5m

 Cook: 12m

 380°F (193°C)

 340 kcal (36g)

 **5 Affordable Ingredients:**

- 1lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
- 1/2 tsp Garlic powder & salt (\$0.15)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 380°F (193°C) for 12m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

 **Chef Nora's Secret:**

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

 **Budget Swap:**

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m Cook: 8m 400°F (204°C) 410 kcal (38g)

5 Affordable Ingredients:

- 1 lb Sirloin or flank steak cut into 1-inch cubes (\$7.20)
- 1 tbsp Olive oil (\$0.25)
- 2 tbsp Melted salted butter (\$0.40)
- 1 tbsp Minced garlic (\$0.30)
- 1 tsp Italian seasoning (\$0.20)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 400°F (204°C) for 8m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

Budget Swap:

Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

Cheddar-Stuffed Air-Fried Burgers

 Prep: 8m Cook: 11m 380°F (193°C) 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
- 2 oz Cheddar cheese block cut into cubes (\$0.90)
- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 380°F (193°C) for 11m, shaking or flipping halfway.
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Chef Nora's Secret:

Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

Budget Swap:

Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

🕒 Prep: 5m

🔥 Cook: 10m

🌡️ 390°F (200°C)

📊 290 kcal (30g)

🛒 5 Affordable Ingredients:

- 4 Fresh tilapia fillets (\$4.50)
- 1/3 cup Grated parmesan cheese (\$0.90)
- 1 tbsp Olive oil spray (\$0.25)
- 1 tsp Paprika & garlic salt (\$0.20)
- 1 Fresh lemon wedge for serving (\$0.35)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 10m, shaking or flipping halfway.

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🌟 Chef Nora's Secret:

Spray the top of the parmesan crust lightly with oil before air frying for a golden crust.

💡 Budget Swap:

Cod, haddock, or catfish fillets work identically with this cheese crust.

Crispy Garlic Parmesan Zucchini Fries

 Prep: 6m

 Cook: 12m

 390°F (200°C)

 170 kcal (8g)

5 Affordable Ingredients:

- 3 Medium zucchini cut into spears (\$1.80)
- 1/4 cup Grated parmesan cheese (\$0.80)
- 1 Large egg beaten (\$0.30)
- 1 tbsp Italian seasoning (\$0.25)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Dip zucchini spears in egg then roll in parmesan. Single layer in basket for crispy edges.

Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

Crispy Garlic-Herb Chicken Wings

 Prep: 5m Cook: 22m 390°F (200°C) 380 kcal (32g)

5 Affordable Ingredients:

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

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Chef Nora's Secret:

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

Budget Swap:

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

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🔥 Cook: 12m

🌡️ 380°F (193°C)

🍽️ 340 kcal (36g)

 5 Affordable Ingredients:

- 1lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
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- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
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 Chef Nora's Secret:

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

 Budget Swap:

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m Cook: 8m 400°F (204°C) 410 kcal (38g)

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- 1 tbsp Minced garlic (\$0.30)
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Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

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 Prep: 8m

 Cook: 11m

 380°F (193°C)

 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
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- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

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Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

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Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

 Prep: 5m Cook: 10m 390°F (200°C) 290 kcal (30g)

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- 4 Fresh tilapia fillets (\$4.50)
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Cod, haddock, or catfish fillets work identically with this cheese crust.

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 Prep: 6m Cook: 12m 390°F (200°C) 170 kcal (8g)

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- 3 Medium zucchini cut into spears (\$1.80)
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Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

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 Prep: 5m

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 400°F (204°C)

 410 kcal (38g)

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Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

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Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

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Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

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 Prep: 5m Cook: 22m 390°F (200°C) 380 kcal (32g)

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- 1.5 lbs Chicken wings / drumettes (\$4.20)
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- 1 tbsp Avocado oil spray (\$0.30)
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- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
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- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
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1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

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Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

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- 1 tbsp Olive oil (\$0.25)
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- 1 tbsp Minced garlic (\$0.30)
- 1 tsp Italian seasoning (\$0.20)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 400°F (204°C) for 8m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

Budget Swap:

Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

Cheddar-Stuffed Air-Fried Burgers

 Prep: 8m

 Cook: 11m

 380°F (193°C)

 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
- 2 oz Cheddar cheese block cut into cubes (\$0.90)
- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 11m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

Budget Swap:

Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

 Prep: 5m Cook: 10m 390°F (200°C) 290 kcal (30g)

5 Affordable Ingredients:

- 4 Fresh tilapia fillets (\$4.50)
- 1/3 cup Grated parmesan cheese (\$0.90)
- 1 tbsp Olive oil spray (\$0.25)
- 1 tsp Paprika & garlic salt (\$0.20)
- 1 Fresh lemon wedge for serving (\$0.35)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 10m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Spray the top of the parmesan crust lightly with oil before air frying for a golden crust.

Budget Swap:

Cod, haddock, or catfish fillets work identically with this cheese crust.

Crispy Garlic Parmesan Zucchini Fries

 Prep: 6m

 Cook: 12m

 390°F (200°C)

 170 kcal (8g)

5 Affordable Ingredients:

- 3 Medium zucchini cut into spears (\$1.80)
- 1/4 cup Grated parmesan cheese (\$0.80)
- 1 Large egg beaten (\$0.30)
- 1 tbsp Italian seasoning (\$0.25)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Dip zucchini spears in egg then roll in parmesan. Single layer in basket for crispy edges.

Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

Crispy Garlic-Herb Chicken Wings

 Prep: 5m

 Cook: 22m

 390°F (200°C)

 380 kcal (32g)

 5 Affordable Ingredients:

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 22m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

 Chef Nora's Secret:

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

 Budget Swap:

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

 **Prep:** 5m

 **Cook:** 12m

 **380°F (193°C)**

 **340 kcal (36g)**

 **5 Affordable Ingredients:**

- 1lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
- 1/2 tsp Garlic powder & salt (\$0.15)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 380°F (193°C) for 12m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

 **Chef Nora's Secret:**

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

 **Budget Swap:**

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m Cook: 8m 400°F (204°C) 410 kcal (38g)

5 Affordable Ingredients:

- 1 lb Sirloin or flank steak cut into 1-inch cubes (\$7.20)
- 1 tbsp Olive oil (\$0.25)
- 2 tbsp Melted salted butter (\$0.40)
- 1 tbsp Minced garlic (\$0.30)
- 1 tsp Italian seasoning (\$0.20)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 400°F (204°C) for 8m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

Budget Swap:

Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

Cheddar-Stuffed Air-Fried Burgers

 Prep: 8m

 Cook: 11m

 380°F (193°C)

 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
- 2 oz Cheddar cheese block cut into cubes (\$0.90)
- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 11m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

Budget Swap:

Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

 Prep: 5m Cook: 10m 390°F (200°C) 290 kcal (30g)

5 Affordable Ingredients:

- 4 Fresh tilapia fillets (\$4.50)
- 1/3 cup Grated parmesan cheese (\$0.90)
- 1 tbsp Olive oil spray (\$0.25)
- 1 tsp Paprika & garlic salt (\$0.20)
- 1 Fresh lemon wedge for serving (\$0.35)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 10m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Spray the top of the parmesan crust lightly with oil before air frying for a golden crust.

Budget Swap:

Cod, haddock, or catfish fillets work identically with this cheese crust.

Crispy Garlic Parmesan Zucchini Fries

 Prep: 6m Cook: 12m 390°F (200°C) 170 kcal (8g)

5 Affordable Ingredients:

- 3 Medium zucchini cut into spears (\$1.80)
- 1/4 cup Grated parmesan cheese (\$0.80)
- 1 Large egg beaten (\$0.30)
- 1 tbsp Italian seasoning (\$0.25)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Dip zucchini spears in egg then roll in parmesan. Single layer in basket for crispy edges.

Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

Crispy Garlic-Herb Chicken Wings

 Prep: 5m

 Cook: 22m

 390°F (200°C)

 380 kcal (32g)

 5 Affordable Ingredients:

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 22m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

 Chef Nora's Secret:

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

 Budget Swap:

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

 **Prep:** 5m

 **Cook:** 12m

 **380°F (193°C)**

 **340 kcal (36g)**

 **5 Affordable Ingredients:**

- 1lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
- 1/2 tsp Garlic powder & salt (\$0.15)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 380°F (193°C) for 12m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

 **Chef Nora's Secret:**

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

 **Budget Swap:**

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m

 Cook: 8m

 400°F (204°C)

 410 kcal (38g)

5 Affordable Ingredients:

- 1 lb Sirloin or flank steak cut into 1-inch cubes (\$7.20)
- 1 tbsp Olive oil (\$0.25)
- 2 tbsp Melted salted butter (\$0.40)
- 1 tbsp Minced garlic (\$0.30)
- 1 tsp Italian seasoning (\$0.20)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 400°F (204°C) for 8m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

Budget Swap:

Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

Cheddar-Stuffed Air-Fried Burgers

 Prep: 8m

 Cook: 11m

 380°F (193°C)

 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
- 2 oz Cheddar cheese block cut into cubes (\$0.90)
- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 11m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

Budget Swap:

Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

🕒 Prep: 5m

🔥 Cook: 10m

🌡️ 390°F (200°C)

📊 290 kcal (30g)

🛒 **5 Affordable Ingredients:**

- 4 Fresh tilapia fillets (\$4.50)
- 1/3 cup Grated parmesan cheese (\$0.90)
- 1 tbsp Olive oil spray (\$0.25)
- 1 tsp Paprika & garlic salt (\$0.20)
- 1 Fresh lemon wedge for serving (\$0.35)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 390°F (200°C) for 10m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

🌟 **Chef Nora's Secret:**

Spray the top of the parmesan crust lightly with oil before air frying for a golden crust.

💡 **Budget Swap:**

Cod, haddock, or catfish fillets work identically with this cheese crust.

Crispy Garlic Parmesan Zucchini Fries

 Prep: 6m Cook: 12m 390°F (200°C) 170 kcal (8g)

5 Affordable Ingredients:

- 3 Medium zucchini cut into spears (\$1.80)
- 1/4 cup Grated parmesan cheese (\$0.80)
- 1 Large egg beaten (\$0.30)
- 1 tbsp Italian seasoning (\$0.25)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Dip zucchini spears in egg then roll in parmesan. Single layer in basket for crispy edges.

Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

Crispy Garlic-Herb Chicken Wings

🕒 Prep: 5m

🔥 Cook: 22m

🌡️ 390°F (200°C)

🍽️ 380 kcal (32g)

🛒 5 Affordable Ingredients:

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 390°F (200°C) for 22m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

🌟 Chef Nora's Secret:

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

💡 Budget Swap:

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

 **Prep:** 5m

 **Cook:** 12m

 **380°F (193°C)**

 **340 kcal (36g)**

 **5 Affordable Ingredients:**

- 1lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
- 1/2 tsp Garlic powder & salt (\$0.15)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 380°F (193°C) for 12m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

 **Chef Nora's Secret:**

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

 **Budget Swap:**

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m

 Cook: 8m

 400°F (204°C)

 410 kcal (38g)

5 Affordable Ingredients:

- 1 lb Sirloin or flank steak cut into 1-inch cubes (\$7.20)
- 1 tbsp Olive oil (\$0.25)
- 2 tbsp Melted salted butter (\$0.40)
- 1 tbsp Minced garlic (\$0.30)
- 1 tsp Italian seasoning (\$0.20)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 400°F (204°C) for 8m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

Budget Swap:

Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

Cheddar-Stuffed Air-Fried Burgers

 Prep: 8m

 Cook: 11m

 380°F (193°C)

 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
- 2 oz Cheddar cheese block cut into cubes (\$0.90)
- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 11m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

Budget Swap:

Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

 Prep: 5m Cook: 10m 390°F (200°C) 290 kcal (30g)

5 Affordable Ingredients:

- 4 Fresh tilapia fillets (\$4.50)
- 1/3 cup Grated parmesan cheese (\$0.90)
- 1 tbsp Olive oil spray (\$0.25)
- 1 tsp Paprika & garlic salt (\$0.20)
- 1 Fresh lemon wedge for serving (\$0.35)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 10m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Spray the top of the parmesan crust lightly with oil before air frying for a golden crust.

Budget Swap:

Cod, haddock, or catfish fillets work identically with this cheese crust.

Crispy Garlic Parmesan Zucchini Fries

 Prep: 6m

 Cook: 12m

 390°F (200°C)

 170 kcal (8g)

5 Affordable Ingredients:

- 3 Medium zucchini cut into spears (\$1.80)
- 1/4 cup Grated parmesan cheese (\$0.80)
- 1 Large egg beaten (\$0.30)
- 1 tbsp Italian seasoning (\$0.25)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Dip zucchini spears in egg then roll in parmesan. Single layer in basket for crispy edges.

Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

Crispy Garlic-Herb Chicken Wings

Prep: 5m

Cook: 22m

390°F (200°C)

380 kcal (32g)

5 Affordable Ingredients:

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 390°F (200°C) for 22m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

Budget Swap:

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

 **Prep:** 5m

 **Cook:** 12m

 **380°F (193°C)**

 **340 kcal (36g)**

 **5 Affordable Ingredients:**

- 1lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
- 1/2 tsp Garlic powder & salt (\$0.15)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 380°F (193°C) for 12m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

 **Chef Nora's Secret:**

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

 **Budget Swap:**

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m

 Cook: 8m

 400°F (204°C)

 410 kcal (38g)

5 Affordable Ingredients:

- 1 lb Sirloin or flank steak cut into 1-inch cubes (\$7.20)
- 1 tbsp Olive oil (\$0.25)
- 2 tbsp Melted salted butter (\$0.40)
- 1 tbsp Minced garlic (\$0.30)
- 1 tsp Italian seasoning (\$0.20)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 400°F (204°C) for 8m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

Budget Swap:

Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

Cheddar-Stuffed Air-Fried Burgers

 Prep: 8m

 Cook: 11m

 380°F (193°C)

 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
- 2 oz Cheddar cheese block cut into cubes (\$0.90)
- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 11m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

Budget Swap:

Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

 Prep: 5m Cook: 10m 390°F (200°C) 290 kcal (30g)

5 Affordable Ingredients:

- 4 Fresh tilapia fillets (\$4.50)
- 1/3 cup Grated parmesan cheese (\$0.90)
- 1 tbsp Olive oil spray (\$0.25)
- 1 tsp Paprika & garlic salt (\$0.20)
- 1 Fresh lemon wedge for serving (\$0.35)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 10m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Spray the top of the parmesan crust lightly with oil before air frying for a golden crust.

Budget Swap:

Cod, haddock, or catfish fillets work identically with this cheese crust.

Crispy Garlic Parmesan Zucchini Fries

 Prep: 6m Cook: 12m 390°F (200°C) 170 kcal (8g)

5 Affordable Ingredients:

- 3 Medium zucchini cut into spears (\$1.80)
- 1/4 cup Grated parmesan cheese (\$0.80)
- 1 Large egg beaten (\$0.30)
- 1 tbsp Italian seasoning (\$0.25)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Dip zucchini spears in egg then roll in parmesan. Single layer in basket for crispy edges.

Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

Crispy Garlic-Herb Chicken Wings

 Prep: 5m

 Cook: 22m

 390°F (200°C)

 380 kcal (32g)

 5 Affordable Ingredients:

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 390°F (200°C) for 22m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

 Chef Nora's Secret:

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

 Budget Swap:

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

🕒 Prep: 5m

🔥 Cook: 12m

🌡️ 380°F (193°C)

🍽️ 340 kcal (36g)

 5 Affordable Ingredients:

- 1lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

 Chef Nora's Secret:

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

 Budget Swap:

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m

 Cook: 8m

 400°F (204°C)

 410 kcal (38g)

5 Affordable Ingredients:

- 1 lb Sirloin or flank steak cut into 1-inch cubes (\$7.20)
- 1 tbsp Olive oil (\$0.25)
- 2 tbsp Melted salted butter (\$0.40)
- 1 tbsp Minced garlic (\$0.30)
- 1 tsp Italian seasoning (\$0.20)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 400°F (204°C) for 8m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

Budget Swap:

Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

Cheddar-Stuffed Air-Fried Burgers

 Prep: 8m

 Cook: 11m

 380°F (193°C)

 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
- 2 oz Cheddar cheese block cut into cubes (\$0.90)
- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 11m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

Budget Swap:

Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

 Prep: 5m Cook: 10m 390°F (200°C) 290 kcal (30g)

5 Affordable Ingredients:

- 4 Fresh tilapia fillets (\$4.50)
- 1/3 cup Grated parmesan cheese (\$0.90)
- 1 tbsp Olive oil spray (\$0.25)
- 1 tsp Paprika & garlic salt (\$0.20)
- 1 Fresh lemon wedge for serving (\$0.35)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 10m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Spray the top of the parmesan crust lightly with oil before air frying for a golden crust.

Budget Swap:

Cod, haddock, or catfish fillets work identically with this cheese crust.

Crispy Garlic Parmesan Zucchini Fries

 Prep: 6m Cook: 12m 390°F (200°C) 170 kcal (8g)

5 Affordable Ingredients:

- 3 Medium zucchini cut into spears (\$1.80)
- 1/4 cup Grated parmesan cheese (\$0.80)
- 1 Large egg beaten (\$0.30)
- 1 tbsp Italian seasoning (\$0.25)
- 1/2 tsp Garlic powder & salt (\$0.15)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 390°F (200°C) for 12m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Dip zucchini spears in egg then roll in parmesan. Single layer in basket for crispy edges.

Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

Crispy Garlic-Herb Chicken Wings

 **Prep:** 5m

 **Cook:** 22m

 **390°F (200°C)**

 **380 kcal (32g)**

 5 Affordable Ingredients:

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 390°F (200°C) for 22m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

 Chef Nora's Secret:

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

 Budget Swap:

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

🕒 Prep: 5m

🔥 Cook: 12m

🌡️ 380°F (193°C)

🍽️ 340 kcal (36g)

 5 Affordable Ingredients:

- 1lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

 Chef Nora's Secret:

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

 Budget Swap:

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m Cook: 8m 400°F (204°C) 410 kcal (38g)

5 Affordable Ingredients:

- 1 lb Sirloin or flank steak cut into 1-inch cubes (\$7.20)
- 1 tbsp Olive oil (\$0.25)
- 2 tbsp Melted salted butter (\$0.40)
- 1 tbsp Minced garlic (\$0.30)
- 1 tsp Italian seasoning (\$0.20)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 400°F (204°C) for 8m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

Budget Swap:

Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

Cheddar-Stuffed Air-Fried Burgers

 Prep: 8m

 Cook: 11m

 380°F (193°C)

 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
- 2 oz Cheddar cheese block cut into cubes (\$0.90)
- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 11m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

Budget Swap:

Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

 Prep: 5m Cook: 10m 390°F (200°C) 290 kcal (30g)

5 Affordable Ingredients:

- 4 Fresh tilapia fillets (\$4.50)
- 1/3 cup Grated parmesan cheese (\$0.90)
- 1 tbsp Olive oil spray (\$0.25)
- 1 tsp Paprika & garlic salt (\$0.20)
- 1 Fresh lemon wedge for serving (\$0.35)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 10m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Spray the top of the parmesan crust lightly with oil before air frying for a golden crust.

Budget Swap:

Cod, haddock, or catfish fillets work identically with this cheese crust.

Crispy Garlic Parmesan Zucchini Fries

 Prep: 6m

 Cook: 12m

 390°F (200°C)

 170 kcal (8g)

5 Affordable Ingredients:

- 3 Medium zucchini cut into spears (\$1.80)
- 1/4 cup Grated parmesan cheese (\$0.80)
- 1 Large egg beaten (\$0.30)
- 1 tbsp Italian seasoning (\$0.25)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Dip zucchini spears in egg then roll in parmesan. Single layer in basket for crispy edges.

Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

Crispy Garlic-Herb Chicken Wings

⌚ Prep: 5m

🔥 Cook: 22m

🌡️ 390°F (200°C)

🍽️ 380 kcal (32g)

 5 Affordable Ingredients:

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 390°F (200°C) for 22m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

 Chef Nora's Secret:

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

 Budget Swap:

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

 **Prep:** 5m

 **Cook:** 12m

 **380°F (193°C)**

 **340 kcal (36g)**

 **5 Affordable Ingredients:**

- 1lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
- 1/2 tsp Garlic powder & salt (\$0.15)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 380°F (193°C) for 12m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

 **Chef Nora's Secret:**

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

 **Budget Swap:**

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m

 Cook: 8m

 400°F (204°C)

 410 kcal (38g)

5 Affordable Ingredients:

- 1 lb Sirloin or flank steak cut into 1-inch cubes (\$7.20)
- 1 tbsp Olive oil (\$0.25)
- 2 tbsp Melted salted butter (\$0.40)
- 1 tbsp Minced garlic (\$0.30)
- 1 tsp Italian seasoning (\$0.20)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 400°F (204°C) for 8m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

Budget Swap:

Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

Cheddar-Stuffed Air-Fried Burgers

 Prep: 8m

 Cook: 11m

 380°F (193°C)

 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
- 2 oz Cheddar cheese block cut into cubes (\$0.90)
- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 11m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

Budget Swap:

Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

 Prep: 5m Cook: 10m 390°F (200°C) 290 kcal (30g)

5 Affordable Ingredients:

- 4 Fresh tilapia fillets (\$4.50)
- 1/3 cup Grated parmesan cheese (\$0.90)
- 1 tbsp Olive oil spray (\$0.25)
- 1 tsp Paprika & garlic salt (\$0.20)
- 1 Fresh lemon wedge for serving (\$0.35)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 10m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Spray the top of the parmesan crust lightly with oil before air frying for a golden crust.

Budget Swap:

Cod, haddock, or catfish fillets work identically with this cheese crust.

Crispy Garlic Parmesan Zucchini Fries

 Prep: 6m

 Cook: 12m

 390°F (200°C)

 170 kcal (8g)

5 Affordable Ingredients:

- 3 Medium zucchini cut into spears (\$1.80)
- 1/4 cup Grated parmesan cheese (\$0.80)
- 1 Large egg beaten (\$0.30)
- 1 tbsp Italian seasoning (\$0.25)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Dip zucchini spears in egg then roll in parmesan. Single layer in basket for crispy edges.

Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

Crispy Garlic-Herb Chicken Wings

 Prep: 5m

 Cook: 22m

 390°F (200°C)

 380 kcal (32g)

5 Affordable Ingredients:

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 22m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

Budget Swap:

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

 **Prep:** 5m

 **Cook:** 12m

 **380°F (193°C)**

 **340 kcal (36g)**

 5 Affordable Ingredients:

- 1lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

 Chef Nora's Secret:

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

 Budget Swap:

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m

 Cook: 8m

 400°F (204°C)

 410 kcal (38g)

5 Affordable Ingredients:

- 1 lb Sirloin or flank steak cut into 1-inch cubes (\$7.20)
- 1 tbsp Olive oil (\$0.25)
- 2 tbsp Melted salted butter (\$0.40)
- 1 tbsp Minced garlic (\$0.30)
- 1 tsp Italian seasoning (\$0.20)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 400°F (204°C) for 8m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

Budget Swap:

Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

Cheddar-Stuffed Air-Fried Burgers

 Prep: 8m Cook: 11m 380°F (193°C) 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
- 2 oz Cheddar cheese block cut into cubes (\$0.90)
- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 11m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

Budget Swap:

Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

 Prep: 5m Cook: 10m 390°F (200°C) 290 kcal (30g)

5 Affordable Ingredients:

- 4 Fresh tilapia fillets (\$4.50)
- 1/3 cup Grated parmesan cheese (\$0.90)
- 1 tbsp Olive oil spray (\$0.25)
- 1 tsp Paprika & garlic salt (\$0.20)
- 1 Fresh lemon wedge for serving (\$0.35)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 10m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Spray the top of the parmesan crust lightly with oil before air frying for a golden crust.

Budget Swap:

Cod, haddock, or catfish fillets work identically with this cheese crust.

Crispy Garlic Parmesan Zucchini Fries

 Prep: 6m

 Cook: 12m

 390°F (200°C)

 170 kcal (8g)

5 Affordable Ingredients:

- 3 Medium zucchini cut into spears (\$1.80)
- 1/4 cup Grated parmesan cheese (\$0.80)
- 1 Large egg beaten (\$0.30)
- 1 tbsp Italian seasoning (\$0.25)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Dip zucchini spears in egg then roll in parmesan. Single layer in basket for crispy edges.

Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

Crispy Garlic-Herb Chicken Wings

 **Prep:** 5m

 **Cook:** 22m

 **390°F (200°C)**

 **380 kcal (32g)**

 **5 Affordable Ingredients:**

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 390°F (200°C) for 22m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

 **Chef Nora's Secret:**

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

 **Budget Swap:**

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

 Prep: 5m Cook: 12m 380°F (193°C) 340 kcal (36g)

5 Affordable Ingredients:

- 1 lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

Budget Swap:

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m

 Cook: 8m

 400°F (204°C)

 410 kcal (38g)

5 Affordable Ingredients:

- 1 lb Sirloin or flank steak cut into 1-inch cubes (\$7.20)
- 1 tbsp Olive oil (\$0.25)
- 2 tbsp Melted salted butter (\$0.40)
- 1 tbsp Minced garlic (\$0.30)
- 1 tsp Italian seasoning (\$0.20)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 400°F (204°C) for 8m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

Budget Swap:

Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

Cheddar-Stuffed Air-Fried Burgers

 Prep: 8m

 Cook: 11m

 380°F (193°C)

 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
- 2 oz Cheddar cheese block cut into cubes (\$0.90)
- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 11m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

Budget Swap:

Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

🕒 Prep: 5m

🔥 Cook: 10m

🌡️ 390°F (200°C)

📊 290 kcal (30g)

🛒 5 Affordable Ingredients:

- 4 Fresh tilapia fillets (\$4.50)
- 1/3 cup Grated parmesan cheese (\$0.90)
- 1 tbsp Olive oil spray (\$0.25)
- 1 tsp Paprika & garlic salt (\$0.20)
- 1 Fresh lemon wedge for serving (\$0.35)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 10m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

🌟 Chef Nora's Secret:

Spray the top of the parmesan crust lightly with oil before air frying for a golden crust.

💡 Budget Swap:

Cod, haddock, or catfish fillets work identically with this cheese crust.

Crispy Garlic Parmesan Zucchini Fries

 Prep: 6m

 Cook: 12m

 390°F (200°C)

 170 kcal (8g)

5 Affordable Ingredients:

- 3 Medium zucchini cut into spears (\$1.80)
- 1/4 cup Grated parmesan cheese (\$0.80)
- 1 Large egg beaten (\$0.30)
- 1 tbsp Italian seasoning (\$0.25)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Dip zucchini spears in egg then roll in parmesan. Single layer in basket for crispy edges.

Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

Crispy Garlic-Herb Chicken Wings

⌚ Prep: 5m

🔥 Cook: 22m

🌡️ 390°F (200°C)

🍽️ 380 kcal (32g)

 5 Affordable Ingredients:

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 22m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

 Chef Nora's Secret:

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

 Budget Swap:

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

 **Prep:** 5m

 **Cook:** 12m

 **380°F (193°C)**

 **340 kcal (36g)**

 **5 Affordable Ingredients:**

- 1lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
- 1/2 tsp Garlic powder & salt (\$0.15)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 380°F (193°C) for 12m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

 **Chef Nora's Secret:**

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

 **Budget Swap:**

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m

 Cook: 8m

 400°F (204°C)

 410 kcal (38g)

5 Affordable Ingredients:

- 1 lb Sirloin or flank steak cut into 1-inch cubes (\$7.20)
- 1 tbsp Olive oil (\$0.25)
- 2 tbsp Melted salted butter (\$0.40)
- 1 tbsp Minced garlic (\$0.30)
- 1 tsp Italian seasoning (\$0.20)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 400°F (204°C) for 8m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

Budget Swap:

Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

Cheddar-Stuffed Air-Fried Burgers

 Prep: 8m

 Cook: 11m

 380°F (193°C)

 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
- 2 oz Cheddar cheese block cut into cubes (\$0.90)
- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 11m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

Budget Swap:

Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

 Prep: 5m Cook: 10m 390°F (200°C) 290 kcal (30g)

5 Affordable Ingredients:

- 4 Fresh tilapia fillets (\$4.50)
- 1/3 cup Grated parmesan cheese (\$0.90)
- 1 tbsp Olive oil spray (\$0.25)
- 1 tsp Paprika & garlic salt (\$0.20)
- 1 Fresh lemon wedge for serving (\$0.35)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 390°F (200°C) for 10m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Spray the top of the parmesan crust lightly with oil before air frying for a golden crust.

Budget Swap:

Cod, haddock, or catfish fillets work identically with this cheese crust.

Crispy Garlic Parmesan Zucchini Fries

 Prep: 6m Cook: 12m 390°F (200°C) 170 kcal (8g)

5 Affordable Ingredients:

- 3 Medium zucchini cut into spears (\$1.80)
- 1/4 cup Grated parmesan cheese (\$0.80)
- 1 Large egg beaten (\$0.30)
- 1 tbsp Italian seasoning (\$0.25)
- 1/2 tsp Garlic powder & salt (\$0.15)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 390°F (200°C) for 12m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Dip zucchini spears in egg then roll in parmesan. Single layer in basket for crispy edges.

Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

Crispy Garlic-Herb Chicken Wings

🕒 Prep: 5m

🔥 Cook: 22m

🌡️ 390°F (200°C)

🍽️ 380 kcal (32g)

 5 Affordable Ingredients:

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 390°F (200°C) for 22m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

 Chef Nora's Secret:

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

 Budget Swap:

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

 Prep: 5m

 Cook: 12m

 380°F (193°C)

 340 kcal (36g)

 5 Affordable Ingredients:

- 1lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
- 1/2 tsp Garlic powder & salt (\$0.15)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 12m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

 Chef Nora's Secret:

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

 Budget Swap:

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m

 Cook: 8m

 400°F (204°C)

 410 kcal (38g)

5 Affordable Ingredients:

- 1 lb Sirloin or flank steak cut into 1-inch cubes (\$7.20)
- 1 tbsp Olive oil (\$0.25)
- 2 tbsp Melted salted butter (\$0.40)
- 1 tbsp Minced garlic (\$0.30)
- 1 tsp Italian seasoning (\$0.20)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 400°F (204°C) for 8m, shaking or flipping halfway.
- 3. Serve:** Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Cook at 400°F for just 7–8 minutes for a deep outer sear with tender pink center.

Budget Swap:

Use boneless pork loin cubes for an ultra-cheap \$5.00 dinner version.

Cheddar-Stuffed Air-Fried Burgers

 Prep: 8m

 Cook: 11m

 380°F (193°C)

 460 kcal (34g)

5 Affordable Ingredients:

- 1 lb Ground beef 80/20 (\$4.50)
- 2 oz Cheddar cheese block cut into cubes (\$0.90)
- 1 tbsp Worcestershire sauce (\$0.25)
- 1 tsp Onion powder & salt (\$0.15)
- 4 Slider buns or lettuce wraps (\$0.70)

1. Prep: Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.

2. Air Fry: Arrange in a single layer at 380°F (193°C) for 11m, shaking or flipping halfway.

3. Serve: Rest for 2 minutes before serving piping hot and shatteringly crisp!

Chef Nora's Secret:

Press the cheese cubes deep into the center of each patty and seal tightly to prevent leaking.

Budget Swap:

Ground turkey or pork makes an equally juicy low-cost alternative.

Crispy Parmesan Crusted Tilapia

🕒 Prep: 5m 🔥 Cook: 10m 🌡️ 390°F (200°C) 📊 290 kcal (30g)

-  **5 Affordable Ingredients:**
- 4 Fresh tilapia fillets (\$4.50)
 - 1/3 cup Grated parmesan cheese (\$0.90)
 - 1 tbsp Olive oil spray (\$0.25)
 - 1 tsp Paprika & garlic salt (\$0.20)
 - 1 Fresh lemon wedge for serving (\$0.35)

- 1. Prep:** Pat food completely dry. Toss evenly in oil spray and dry seasoning blend.
- 2. Air Fry:** Arrange in a single layer at 390°F (200°C) for 10m, shaking or flipping halfway.
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 **Chef Nora's Secret:**
 Spray the top of the parmesan crust lightly with oil before air frying for a golden crust.

 **Budget Swap:**
 Cod, haddock, or catfish fillets work identically with this cheese crust.

Crispy Garlic Parmesan Zucchini Fries

 Prep: 6m Cook: 12m 390°F (200°C) 170 kcal (8g)

5 Affordable Ingredients:

- 3 Medium zucchini cut into spears (\$1.80)
- 1/4 cup Grated parmesan cheese (\$0.80)
- 1 Large egg beaten (\$0.30)
- 1 tbsp Italian seasoning (\$0.25)
- 1/2 tsp Garlic powder & salt (\$0.15)

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Chef Nora's Secret:

Dip zucchini spears in egg then roll in parmesan. Single layer in basket for crispy edges.

Budget Swap:

Yellow summer squash or carrot fries make wonderful budget substitutes.

Crispy Garlic-Herb Chicken Wings

 Prep: 5m

 Cook: 22m

 390°F (200°C)

 380 kcal (32g)

5 Affordable Ingredients:

- 1.5 lbs Chicken wings / drumettes (\$4.20)
- 1 tbsp Avocado oil spray (\$0.30)
- 1 tbsp Garlic powder & dried oregano (\$0.35)
- 1 tsp Sea salt & cracked black pepper (\$0.15)
- 1 tbsp Fresh chopped parsley (\$0.40)

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Chef Nora's Secret:

Pat wings bone-dry with paper towels and dust with 1 tsp cornstarch for extra crunch.

Budget Swap:

Swap garlic herb with smoked paprika and cayenne for spicy Buffalo wings.

Honey-Mustard Glazed Chicken Tenders

Prep: 5m

Cook: 12m

380°F (193°C)

340 kcal (36g)

5 Affordable Ingredients:

- 1lb Boneless chicken tenders (\$3.80)
- 1 tbsp Olive oil spray (\$0.25)
- 2 tbsp Yellow or Dijon mustard (\$0.30)
- 1.5 tbsp Pure honey (\$0.45)
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Chef Nora's Secret:

Brush the honey glaze during the final 3 minutes so the sugar caramelizes without burning.

Budget Swap:

Use BBQ sauce or maple syrup instead of honey for a smoky sweetness.

Garlic Butter Juicy Steak Bites

 Prep: 5m

 Cook: 8m

 400°F (204°C)

 410 kcal (38g)

5 Affordable Ingredients:

- 1 lb Sirloin or flank steak cut into 1-inch cubes (\$7.20)
- 1 tbsp Olive oil (\$0.25)
- 2 tbsp Melted salted butter (\$0.40)
- 1 tbsp Minced garlic (\$0.30)
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Chef Nora's Secret:

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Budget Swap:

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5 Affordable Ingredients:

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- 1 tbsp Worcestershire sauce (\$0.25)
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Cod, haddock, or catfish fillets work identically with this cheese crust.

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Complete weekly shopping lists and dinner schedules to eliminate food waste and keep family dinners under \$10 every night.

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