



Healthy Cooking Starter Kit

5 Mediterranean Air Fryer Recipes to Feel Good Every Day

by Sophia Milano

Introduction

Welcome to your Healthy Cooking Starter Kit! This mini eBook captures the spirit of the Mediterranean lifestyle - vibrant, simple and nourishing. You'll discover how the air fryer can bring out the best in fresh produce, nuts and herbs without sacrificing flavor or nutrition. Whether you're new to air frying or already love its convenience, these recipes will inspire you to create satisfying meals that are wholesome and delicious.

Air-Fried Baklava-Inspired French Toast

A creative twist on traditional French toast, this recipe captures the essence of baklava with its nutty, spiced flavors and a touch of honey. Air-fried to perfection, this dish delivers a crispy exterior and a soft, custardy center, making it an indulgent breakfast or brunch treat.

Ingredients

- Thick slices of brioche or challah bread
- Large eggs
- Milk (dairy or non-dairy)
- Vanilla extract
- Ground cinnamon
- Finely chopped walnuts or pistachios
- Ground cardamom
- Butter or olive oil spray
- Honey
- Powdered sugar

Step-by-Step Instructions

1. Prepare the custard mixture: In a shallow bowl, whisk together the eggs, milk, vanilla extract, and ground cinnamon until well combined. Add a pinch of cardamom if desired for a warm, aromatic touch.
2. Soak the bread: Dip each slice of bread into the custard mixture, allowing it to soak for about 10-15 seconds on each side. Ensure the bread absorbs the mixture without becoming too soggy.
3. Coat with nuts: Spread the chopped walnuts or pistachios on a plate. Gently press one side of each custard-soaked bread slice into the nuts, ensuring an even coating.
4. Preheat the air fryer: Preheat your air fryer to 375°F (190°C) for 3 minutes.
5. Air-fry the French toast: Lightly grease the air fryer basket with melted butter or a spray of olive oil. Place the nut-coated bread slices in a single layer in the air fryer basket, nut-side up. Air fry for 5-6 minutes, then carefully flip and cook for another 3-4 minutes until the toast is golden and crispy.
6. Serve and garnish: Transfer the French toast slices to a plate. Drizzle with honey and, if desired, sprinkle with powdered sugar for an extra

touch of sweetness. Serve warm with additional nuts or a dollop of Greek yogurt for a Mediterranean flair.

Caloric Intake

- Calories: 240
- Protein: 7g
- Carbohydrates: 30g
- Fats: 10g
- Fiber: 2g

This Air-Fried Baklava-Inspired French Toast brings the rich, nutty flavors of baklava into your morning routine. With its crispy texture and fragrant spices, it's a luxurious way to elevate your breakfast!

Air-Fried Olive and Herb Mini Muffins

These savory Air-Fried Olive and Herb Mini Muffins are a delightful Mediterranean-inspired treat. Packed with the bold flavors of olives, fresh herbs, and a hint of cheese, these muffins make a perfect addition to any breakfast or brunch spread. With the air fryer, they bake up beautifully golden and light with a tender crumb.

Ingredients

- All-purpose flour
- Whole wheat flour
- Baking powder
- Baking soda
- Salt
- Dried oregano
- Dried thyme
- Chopped Kalamata olives
- Grated Parmesan cheese
- Olive oil
- Milk (dairy or non-dairy)
- Large egg
- Honey
- Lemon zest
- Fresh herbs (parsley or basil)

Step-by-Step Instructions

1. Preheat the air fryer: Preheat your air fryer to 350°F (175°C) for 3 minutes.
2. Prepare the dry ingredients: In a medium-sized bowl, whisk together the all-purpose flour, whole wheat flour, baking powder, baking soda, salt, oregano and thyme.
3. Combine the wet ingredients: In another bowl, whisk the olive oil, milk, egg, and honey until fully combined. Stir in the lemon zest, if desired, for a refreshing burst of flavor.
4. Mix the wet and dry ingredients: Pour the wet ingredients into the dry ingredients and gently stir until just combined. Avoid over-mixing to keep the muffins light and fluffy.
5. Fold in the olives and cheese: Gently fold in the chopped Kalamata olives

and grated Parmesan cheese until evenly distributed.

6. Prepare the muffin tin: Lightly grease a mini muffin pan or line with paper liners. Spoon the batter evenly into each muffin cup, filling about three-quarters of the way.
7. Air-fry the muffins: Place the muffin pan in the air fryer basket. Air fry for 8-10 minutes, or until the muffins are golden brown on top and a toothpick inserted into the center comes out clean.
8. Serve and garnish: Allow the muffins to cool for a few minutes before removing them from the pan. Garnish with fresh herbs like parsley or basil for an extra pop of color and flavor.

Caloric Intake

- Calories: 110
- Protein: 3g
- Carbohydrates: 13g
- Fats: 6g
- Fiber: 1g

These Air-Fried Olive and Herb Mini Muffins are savory, flavorful, and a healthier alternative to traditional muffins. The Mediterranean flavors of olives and herbs make them a perfect choice for breakfast, brunch, or a savory snack!

Mediterranean Breakfast Burrito with Air-Fried

This Mediterranean Breakfast Burrito with Air-Fried Veggies is a wholesome and flavorful breakfast option that combines the savory goodness of Mediterranean-inspired veggies with the convenience of a breakfast burrito. With air-fried vegetables like bell peppers, zucchini and onions, this burrito is not only healthy but also packed with vibrant flavors. The creamy feta cheese and hummus add the perfect finishing touch for a satisfying and nutritious start to your day.

Ingredients

- Whole wheat or flour tortillas
- Small zucchini
- Bell pepper (red, yellow, or green)
- Small onion
- Olive oil
- Dried oregano
- Garlic powder
- Salt and pepper
- Large eggs
- Crumbled feta cheese
- Hummus
- Fresh parsley
- Olive oil spray

Step-by-Step Instructions

1. Prepare the veggies for air-frying: In a bowl, toss the zucchini, bell pepper and onion with olive oil, oregano, garlic powder, salt and pepper until well-coated.
2. Preheat the air fryer: Preheat your air fryer to 375°F (190°C) for 3 minutes.
3. Air-fry the veggies: Lightly spray the air fryer basket with olive oil. Add the prepared vegetables to the basket in a single layer, making sure they aren't overcrowded. Air fry the veggies at 375°F (190°C) for 10-12 minutes, or until they are tender and slightly charred, shaking the basket halfway through cooking.
4. Scramble the eggs: While the veggies are air frying, scramble the eggs in a bowl with a pinch of salt and pepper. Heat a non-stick pan over medium

heat and cook the scrambled eggs until fully cooked and soft.

5. Assemble the burrito: Lay the tortillas flat on a clean surface. Spread a tablespoon of hummus onto the center of each tortilla. Add a generous spoonful of the air-fried veggies on top, then layer the scrambled eggs and sprinkle with crumbled feta cheese. Top with fresh parsley if desired.
6. Roll the burrito: Carefully fold the sides of the tortilla in, then roll it up tightly, ensuring the filling stays in place.
7. Serve: Slice the burrito in half and serve immediately, enjoying the combination of warm veggies, eggs and Mediterranean flavors.

Caloric Intake

- Calories: 330
- Protein: 17g
- Carbohydrates: 35g
- Fats: 15g
- Fiber: 7g

This Mediterranean Breakfast Burrito with Air-Fried Veggies is a nutritious and filling breakfast. The air-frying technique makes the vegetables crispy while keeping their natural flavors intact. With the addition of eggs, feta cheese and hummus, this breakfast burrito brings together Mediterranean ingredients in a convenient and satisfying way. Perfect for busy mornings or as a brunch option, it's sure to keep you full and energized throughout the day!

Air-Fried Ricotta and Honey-Stuffed Peaches

These Air-Fried Ricotta and Honey-Stuffed Peaches are a delightful, Mediterranean-inspired dessert that pairs the sweetness of fresh peaches with the creamy richness of ricotta cheese and the natural sweetness of honey. The air fryer quickly softens the peaches and melts the creamy filling, creating a warm, indulgent treat that's perfect for any time of day. A drizzle of honey adds a touch of sweetness, while the ricotta filling offers a smooth and slightly tangy contrast.

Ingredients

- Large ripe peaches
- Ricotta cheese
- Honey
- Vanilla extract
- Cinnamon
- Sea salt
- Olive oil spray

Step-by-Step Instructions

1. Prepare the peaches: Cut the peaches in half and remove the pits. Scoop out a little bit of the flesh from the center of each peach half to create space for stuffing, being careful not to tear the skin.
2. Prepare the ricotta filling: In a small bowl, mix the ricotta cheese, honey, vanilla extract, cinnamon and a pinch of sea salt. Stir until smooth and creamy. Adjust the sweetness by adding more honey if desired.
3. Stuff the peaches: Spoon the ricotta mixture into the center of each peach half, filling them generously. You can use a spoon or a piping bag for more precision.
4. Preheat the air fryer: Preheat your air fryer to 350°F (175°C) for 3 minutes.
5. Air-fry the peaches: Lightly spray the air fryer basket with olive oil. Place the stuffed peaches in the basket, ensuring they don't touch each other. Air fry at 350°F (175°C) for 8-10 minutes, or until the peaches are soft and the filling is slightly golden on top.
6. Serve: Carefully remove the peaches from the air fryer. Drizzle with additional honey for extra sweetness and serve warm. Enjoy these decadent, creamy and juicy peaches as a perfect dessert or special treat!

Caloric Intake

- Calories: 190
- Protein: 6g
- Carbohydrates: 28g
- Fats: 8g
- Fiber: 3g

These Air-Fried Ricotta and Honey-Stuffed Peaches combine the sweetness of fresh fruit with the creamy, comforting richness of ricotta. The air fryer makes them easy and quick to prepare while preserving the natural flavors of the peaches. It's a must-try for anyone who loves Mediterranean-inspired sweets with a healthy twist!

Crispy Air-Fried Asparagus with Poached Eggs

This Crispy Air-Fried Asparagus with Poached Eggs is a simple yet elegant dish perfect for breakfast or brunch. The air fryer transforms asparagus spears into golden, crispy perfection, while the creamy poached eggs add a rich, velvety touch. It's a Mediterranean-inspired recipe packed with flavor and nutrients.

Ingredients

- Asparagus
- Olive oil
- Grated Parmesan cheese
- Garlic powder
- Paprika
- Salt and black pepper
- Large eggs
- White vinegar
- Fresh parsley or chives

Step-by-Step Instructions

1. Prepare the asparagus: Wash and trim the asparagus spears, discarding the woody ends. In a bowl, toss the asparagus with olive oil, garlic powder, paprika, Parmesan cheese, salt and black pepper until evenly coated.
2. Air-fry the asparagus: Preheat the air fryer to 375°F (190°C) for 3 minutes. Place the asparagus in a single layer in the air fryer basket. Air fry for 8-10 minutes, shaking the basket halfway through, until the asparagus is crispy and golden.
3. Poach the eggs: Fill a small saucepan with water and bring it to a gentle simmer. Add white vinegar. Crack each egg into a small bowl, create a gentle whirlpool in the simmering water and carefully slide in one egg at a time. Cook the eggs for 3-4 minutes, or until the whites are set and the yolks remain soft. Remove with a slotted spoon and drain on a paper towel.
4. Assemble the dish: Divide the crispy asparagus spears between two plates. Top each plate with a poached egg and sprinkle with fresh parsley or chives for garnish.
5. Serve: Serve warm and enjoy the combination of crispy asparagus and

creamy poached eggs. Add a slice of toasted whole-grain bread if desired!

Caloric Intake

- Calories: 190
- Protein: 10g
- Carbohydrates: 6g
- Fats: 13g
- Fiber: 2g

This Crispy Air-Fried Asparagus with Poached Eggs is a versatile dish that pairs beautifully with any Mediterranean-inspired meal. Whether enjoyed for breakfast, brunch or a light lunch, it's a perfect combination of crunch and creaminess that will keep you coming back for more!

Ingredients Used in These Recipes

- All-purpose flour
- Asparagus
- Baking powder
- Baking soda
- Bell pepper (red, yellow, or green)
- Butter or olive oil spray
- Chopped Kalamata olives
- Cinnamon
- Crumbled feta cheese
- Dried oregano
- Dried thyme
- Finely chopped walnuts or pistachios
- Fresh herbs (parsley or basil)
- Fresh parsley
- Fresh parsley or chives
- Garlic powder
- Grated Parmesan cheese
- Ground cardamom
- Ground cinnamon
- Honey
- Hummus
- Large egg
- Large eggs
- Large ripe peaches
- Lemon zest
- Milk (dairy or non-dairy)
- Olive oil
- Olive oil spray
- Paprika
- Powdered sugar
- Ricotta cheese
- Salt
- Salt and black pepper
- Salt and pepper
- Sea salt
- Small onion
- Small zucchini
- Thick slices of brioche or challah bread

- Vanilla extract
- White vinegar
- Whole wheat flour
- Whole wheat or flour tortillas

Thank You!

Thank you for downloading your Starter Kit! You're officially part of the Kitchen Club — check your inbox for new recipes and inspiration!

□ Stay inspired. Stay Mediterranean.
— Sophia Milano

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