

# Air Fryer Fried Pickles



Recipe courtesy of Food Network Kitchen

*Get crispy, crunchy fried pickles with barely any oil.*

**Level:** Easy

**Total:** 45 min

**Active:** 25 min

**Yield:** 6 servings

## Ingredients:

### Pickles:

- One 16-ounce jar dill pickle chips
- 1/2 cup all-purpose flour
- 1/4 teaspoon ground cayenne pepper
- 1 1/2 teaspoons Cajun seasoning
- 1 cup buttermilk
- A couple of dashes hot sauce
- 1 1/2 cups panko
- 1 teaspoon Italian seasoning
- Kosher salt
- 1 tablespoon olive oil

### Dipping sauce:

- 1/2 cup mayonnaise
- 4 teaspoons ketchup
- 1 teaspoon prepared horseradish
- 1/2 teaspoon Cajun seasoning

## Directions:

**Special equipment:** a 3.5-quart air fryer

- 1 For the pickles: Preheat a 3.5-quart air fryer to 390 degrees F. Set a wire rack inside a baking sheet.
- 2 Drain the pickles and spread them out on a paper towel-lined baking sheet. Pat dry with more paper towels, pressing gently to remove as much moisture as possible. Eliminate any pickles with large holes or ones that are very thin.
- 3 Set up a breading station using 3 medium bowls: Whisk together the flour, cayenne and 1/2 teaspoon Cajun seasoning in one bowl. In the second bowl combine the buttermilk and hot sauce. In the last combine the panko, Italian seasoning, the remaining 1 teaspoon Cajun seasoning and 1/2 teaspoon salt. Drizzle in the oil and use your hands to toss and coat the panko.
- 4 Working in small batches, bread the pickles: First, toss a handful of pickles in the flour mixture, shaking off any excess. Then dunk them in the buttermilk mixture to completely coat, shaking to remove any excess. Finally, toss them in the panko, pressing gently to make it adhere. Arrange the breaded pickles on the prepared baking sheet and repeat until all the pickles are breaded.
- 5 Arrange one-third of the breaded pickles in the basket of the air fryer in a single layer. Cook for 8 minutes, the pickles will be very crunchy and browned on both sides. Remove to a serving plate and repeat with the remaining two batches of pickles.



**6** For the dipping sauce: Meanwhile, wh  
together the mayonnaise, ketchup,  
horseradish and Cajun seasoning in  
small bowl.

**7** Serve the warm pickles with the  
dipping sauce or use them and the  
dipping sauce to top your favorite burger.

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## Air Fryer Parmesan Zucchini Chips



Alyssa Rivers

Air Fryer Parmesan Zucchini Chips are crunchy, savory bites of heaven! This is hands down one of the best ways to eat zucchini!

★★★★★ 5 from 4 votes



PREP TIME  
5 mins

COOK TIME  
10 mins

TOTAL TIME  
15 mins



COURSE  
Appetizer, Side Dish,  
Snack

CUISINE  
American



SERVINGS  
4 People

CALORIES  
271 kcal

### INGREDIENTS

- 2 medium sized zucchini sliced
- salt and pepper
- 1 cup flour
- 3 large eggs
- 1 cup Panko
- 1/4 cup parmesan cheese
- 1 Tablespoon Italian seasoning

### INSTRUCTIONS

1. Salt and pepper the sliced zucchini. Put the flour in a small bowl. Whisk the eggs in a small bowl, and combine the Panko, parmesan cheese, and Italian seasoning in another small bowl.
2. Dip the zucchini in the flour, then the egg, then lastly in the Panko mixture.
3. Add the zucchini in an even layer in the air fryer basket. Cook at 400 degrees for 5 minutes, flip, and spray with olive oil. Continue cooking for 5 minutes or until done.

### NUTRITION

Calories: **271kcal**

Fat: **7g**

Cholesterol: **144mg**

Fiber: **3g**

Vitamin C: **18mg**

Carbohydrates: **39g**

Saturated Fat: **3g**

Sodium: **272mg**

Sugar: **4g**

Calcium: **163mg**

Protein: **13g**

Trans Fat: **1g**

Potassium: **392mg**

Vitamin A: **469IU**

Iron: **4mg**

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## Air Fryer Sweet Potato Chips

**Active Time**

5 Mins

**Total Time**

1 Hour

**Yield**

Serves 4 (serving size: about 15 chips)

By [Elizabeth Laseter](#)

Sweet potato chips sound like a nutritious snack, but store-bought versions can still pack significant amounts of fat and sodium. Enter air fryer sweet potato chips. These [healthy homemade chips](#) have a third of the fat—and they're perfectly crunchy and addictive.

If you don't already own a [mandoline](#), this recipe is your excuse to buy one. This versatile kitchen tool makes for precise slicing, which results in a more evenly-cooked chip. Additionally, soaking the sweet potato slices in water helps to remove the starch, making for a crispier chip.

Pack these sweet potato chips into your lunch box or serve them with a creamy dip, like our herby [Pesto-Yogurt Dip](#) or this crave-worthy [Caramelized Leek and Spinach Dip](#). What other foods can you air fry? Our collection of over [35 healthy air fryer](#)



**recipes** has tons of delicious ideas from chicken wings to Pop Tarts to coconut shrimp.

## Ingredients

### CookingLight

1 medium sweet potato,  
unpeeled, cut into 1/8-inch-thick  
slices

1 tablespoon canola oil

1/4 teaspoon sea salt

1/4 teaspoon freshly ground  
black pepper

1 teaspoon chopped fresh  
rosemary (optional)

Cooking spray

#### Nutritional Information

- Calories 60,
- Fat 3.5g,
- Satfat 0g,
- Unsatfat 3g,
- Protein 1g,
- Carbohydrate 7g,
- Fiber 1g,

## How to Make It

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### Step 1

In a large bowl of cold water, soak sweet potato slices for 20 minutes. Drain sweet potatoes; pat dry with paper towels.

### Step 2

Wipe bowl dry; then add oil, salt, pepper, and rosemary (if using). Add sweet potatoes; toss gently to coat.

### Step 3

Lightly coat air fryer basket with cooking spray. Place half of the sweet potatoes in the basket, and cook in two batches at 350°F until cooked through and crispy, about 15 minutes.

### Step 4

Using a pair of tongs, carefully remove sweet potatoes from air fryer to plate. Let cool; serve immediately or store in an airtight plastic container.

## Chef's Notes

We used a [Philips Viva Collection HD9621 Air Fryer](#), which does not need preheating. Air frying these sweet potato chips takes

- Sugars 1g,
- Added sugars 0g,
- Sodium 160mg,

## CookingLight

- Potassium 2% DV.

a little practice—but you can nail them by keeping a close eye on them while they cook. Check the chips about halfway through, using your tongs to separate any

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making sure to remove any chips that are lightly-browned and crisped. Don't worry if several chips feel a touch soft—they tend to dry out and crisp up as they cool.

# Chicken Tortilla Soup Crock Pot



4.66 from 262 votes

Chicken Tortilla Soup Crock Pot is full of flavor, easy to prepare and makes the house smell amazing. A perfect fall recipe & one that feeds a crowd.

Prep Time	Cook Time	Total Time
30 mins	4 hrs	4 hrs 30 mins

Course: **Main Course**   Cuisine: **American, Mexican**   Servings: **12**   Calories: **259kcal**  
Author: **Sandra**

## Ingredients

### Chicken Tortilla Soup

- 3 tablespoons butter
- 1 yellow onion diced
- 1 red pepper diced
- 1 yellow pepper diced
- 2 cloves garlic
- 2 teaspoons salt divided
- 2 lbs boneless skinless chicken breasts about 2-3 breasts
- 2 cans chicken broth 14.5-ounce cans
- 14 ounces red enchilada sauce
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1 teaspoon oregano
- 1 tablespoon taco seasoning
- 1 1/2 cups half-and-half or heavy cream if desired, for a creamier soup
- 2-3 tablespoons flour or cornstarch if desired to make a thicker soup
- 1 can pinto beans drained, optional
- 1 1/2 cups frozen corn optional, do not use canned
- 1/2 cup fresh cilantro chopped, for garnish

## Instructions

1. Melt butter in a saute pan over medium heat. Season peppers, onion, and garlic with 1 teaspoon of salt and saute until they are tender. Add to the slow cooker.
2. Place chicken breasts in the slow cooker on top of the vegetables. Then add chicken broth, enchilada sauce, cumin, chili powder, oregano, taco seasoning, and remaining 1 tsp salt.
3. Cook on high for 3-4 hours or until the chicken reaches an internal temperature of 165°.
4. Remove cooked chicken and shred or chop, then place back into the soup. At this point, add any of the optional ingredients that you wish to use such as corn or beans.

5. If you'd like a creamier soup, add 1-2 cups of heavy cream now. For a thicker soup, whisk 2-3 tablespoons of flour or cornstarch to the heavy cream before stirring into the soup. Cook on high for another 1 hour.
6. Serve with your choice of garnishes such as fresh chopped cilantro, sour cream, and tortilla strips. Enjoy!

### **Nutrition**

Serving: 1cup | Calories: 259kcal | Carbohydrates: 22g | Protein: 23g | Fat: 9g | Saturated Fat: 5g | Trans Fat: 1g | Cholesterol: 67mg | Sodium: 827mg | Potassium: 657mg | Fiber: 5g | Sugar: 3g | Vitamin A: 871IU | Vitamin C: 36mg | Calcium: 67mg | Iron: 2mg



# Slow Cooker Apple Crisp

from kristineskitchenblog.com

This Slow Cooker Apple Crisp is cooked entirely in the crock pot! This easy dessert is bursting with juicy apples, brown sugar, and a buttery oat crumble topping.

Prep Time	Cook Time	Total Time
15 mins	3 hrs 30 mins	3 hrs 45 mins

Servings: 8 servings    Calories: 366kcal

## Ingredients

### For the apple mixture:

- 8 Granny Smith apples peeled, cored, and cut into 1/4-inch thick slices
- 1/2 cup packed light brown sugar
- 2 tablespoons granulated sugar
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt

### For the crisp topping:

- 1 cup old-fashioned oats
- 3/4 cup white whole wheat flour
- 1/4 cup packed light brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup cold unsalted butter cut into cubes

**Ice cream, for serving (optional)**

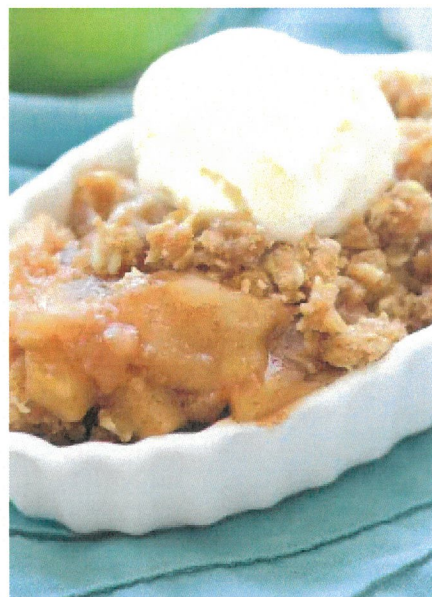
## Instructions

### Make the apple mixture:

1. Place sliced apples in the slow cooker. Add brown sugar, granulated sugar, cinnamon, nutmeg, and salt. Stir. (Be sure to use a non-metal spoon so as not to scratch your slow cooker insert.) Let sit while you prepare the crisp topping.

### Make the crisp topping:

1. Combine oats, flour, brown sugar, cinnamon, and salt in a large bowl. Stir until well combined. Using your fingertips, work the butter into the oat mixture until the mixture starts to clump together.



4.34 from 3 votes

2. Stir the apple mixture one more time and then spread apples out into an even layer. Sprinkle on the crisp topping.

**Cook the apple crisp:**

1. Cook on high for 2 hours or on low for 3-3 1/2 hours, until apples are soft. Turn off heat and let stand for at least 30 minutes and up to 1 hour before serving (keeping the lid on). Serve with vanilla ice cream, if desired.

**Nutrition**

Serving: 1/8 recipe | Calories: 366kcal | Carbohydrates: 64g | Protein: 4g | Fat: 13g | Saturated Fat: 7g | Cholesterol: 31mg | Sodium: 158mg | Fiber: 7g | Sugar: 42g

*Nutrition information is only an estimate.*



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