

5 Air Fried Foods That Help You Stay Fit

Air fryers are a terrific way to spare time and eat healthily. It's a kitchen appliance that gives you almost the same result as a deep fryer but without the use of any oils.

Spicy chickpea

Chickpeas can be made in several ways. For instance, you can boil them and eat with curry, mash them and make curries, or dry them and roast them to make a crispy snack. I like to add salt, pepper, paprika, and cumin to an air fryer. I mix the chickpeas with my spice blend. Then I preheat the air fryer and put it inside a parchment paper or silicon or ceramic bowl. I cook them for 12 minutes at 400 degrees and they are good to it.

These are great snacks in front of a Netflix show but they can serve as your protein and add some side dish and vegetables to it. Like the next one, cauliflower rice.

Cauliflower rice

Make cauliflower rice when you're short on time or when your children refuse to eat vegetables because they're too bitter. Delicious vegetable cauliflower can be prepared in a variety of ways. They are excellent for a light lunch or dinner in addition to being a terrific side dish. The finest and simplest way to make cauliflower rice, in my view, is in an air fryer! The ingredients for this air-fried cauliflower rice are as follows: 1 head of cauliflower cut into florets, 2 tbsp. olive oil, 1/2 tsp. salt, 1/2 tsp. pepper, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, Optional: parsley.

Now, you just have to cut the cauliflower into florets. Put them in the mixer with the spices. Put it in a preheated air fryer and air fry them for 10 minutes at 350 degrees.

Brussel Sprouts

[Brussels sprouts](#) are a tasty vegetable that you can add to a variety of meals. They are excellent for a quick lunch or dinner in addition to being a terrific side dish. Using an air fryer to cook Brussels sprouts is the finest and simplest method!

Besides the Brussels sprouts, just add salt, pepper, and a spray of oil. Use [oils that have a high smoking point](#). I usually cook them at 350 degrees for 12 minutes at 400 degrees, but if you want to be safe, then use 350 degrees for a bit longer so you can make sure they won't burn. At half-time, it's best to shake the basket once so it won't get burned.

Fish fillets in an air fryer

In an air fryer, fish fillets cook to the perfect crisp and juicy perfection. They are therefore perfect for offering at any dinner or gathering.

An air fryer is a great option if you're looking for a novel way to cook fish fillets. Food can be fried in the air without using any oil or grease. The truth is the air fryer barely consumes any fat at all. You just need to set the knob to the highest temperature and put your meal inside the basket.

The liquid from the food evaporates into the air around it as the temperature rises, giving the dish a crispy surface while preserving a moist and soft core.

If you want to be a real pro then [use an air fryer grill](#) and you can give a grill finish to your fish.

Roasted Bananas

Before you discovered this amazing recipe for air-fried bananas, no one thought eating bananas could be this tasty. Although it's unlikely that you've ever had air-fryer roasted bananas, you've probably tasted oven-roasted bananas numerous times. These are easy to prepare in a few quick steps and make a great snack any time of the week. Put the bananas in the air fryer and roast each side for 5 minutes. Here is a pro tip for you: Add some vanilla extract to it and it will be amazing.

Conclusion

These recipe ideas are just the tip of the iceberg. There are many more healthy dishes that you can prepare using an air fryer. The mistake most people make is that they think that using an air fryer makes their originally unhealthy food healthier. Although it is true in a way, you also must use the right ingredients.

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