

Appliance Series – Instapot and Air Fryer

In the Kitchen with LiveWELL



The Instant Pot



The Air Fryer

Contents



Slide 3: Instapot Chicken and Rice

Slide 4: Air Fryer Brussel Sprouts

Slide 5: Air Fryer Curry Chickpeas

Slide 6: Air Fryer Coconut Shrimp

Slide 7: Air Fryer Sweet Potato Fries

Chicken and Rice

Gretchen Bayne – Best Health for Us WFBH



Ingredients

- 1.5 pounds chicken breast
- 1 medium onion chopped
- 4 TBSP butter
- 3 cloves garlic minced
- 3-4 cups chicken broth
- 1.5 TBSP lemon juice
- 1.5 cups rice
- 1 cup parmesan cheese
- 1.5 tsp salt
- ¼ tsp black pepper

Preparation

1. Set Instapot to sauté mode. Add butter and let melt, then add garlic and onion. Sauté for 3-4 minutes
2. Add chicken and stir. Cook until no longer translucent, about 5 minutes. Add in rice, broth, and lemon juice. Stir well, bringing chicken pieces to top.
3. Secure lid on pot and set value to Sealing. Set to Manual High Pressure for 8 minutes.
4. When cook time is completed, let naturally release for 2 minutes, then

carefully Quick Release remaining pressure. Stir well and season with Parmesan, salt, and pepper to taste. Add a little more chicken broth, if desired, to reach desired consistency – optional.

5. If you find liquid still remaining on the top of your Instant Pot chicken and rice after cooking, stir well and turn on sauté mode to fully incorporate.

[Click HERE for Video](#)

Air Fryer Brussel Sprouts

Jill Ashburner – Greater Charlotte LiveWELL



Ingredients

1 bag of fresh brussel sprouts
Bottled Dressing (raspberry vinaigrette, peach balsamic vinaigrette, poppy seed or even a Thai, BBQ or teriyaki sauce)
Pomegranate seeds, dried cranberries, dried diced apricots
Nuts- roasted edamame, sunflower seeds, sliced almonds or pistachios
Tinfoil

Preparation

Wash and slice Brussel sprouts into halves. Discard exterior leaves and stems. Toss in 2-3 Tbsp of dressing. Place on tinfoil in air fryer. Cook at 350 degrees for about 5 minutes. Stir Brussel sprouts and add nuts. Place back in air fryer for about 5 more minutes or until slightly crispy. Sprinkle fruit on top.

(You can also shave the Brussel sprouts and use as more of a slaw, if you wish)

[Click HERE for Video](#)



Air Fryer Curry Chickpeas

Jill Ashburner – Greater Charlotte LiveWELL

Ingredients

1 can drained and rinsed Chic Peas (any brand) *

1-2 Tbsp Green Curry Seasoning Powder

Spray Oil (Olive, Canola, Avocado, Coconut etc.)

Air Fryer/ Tinfoil

Preparation

Drain and pat completely dry, can of chic peas

Spray with a few spritzes of oil

Sprinkle seasoning over chick peas.

Place on tin foil in air fryer. Cook for 12-15 minutes at 375-400 degrees (depending on your fryer)

Use in salads, mixed in with rice, pasta, soup or as a crunchy snack.

*You can use any type of spice mix you like (dry ranch dressing, buffalo seasoning, Indian seasoning, taco)

[Click HERE for Video](#)

Air Fryer Coconut Shrimp

Tara Cox – Greater Charlotte LiveWELL



1 Stir together flour and pepper in shallow dish. Lightly beat eggs in a second shallow dish. Stir together coconut and panko in a third shallow dish. Hold each shrimp by the tail, dredge in flour mixture, shake off excess. Then dip floured shrimp in egg, and allow any excess to drip off. Finally, dredge in coconut mixture, pressing to adhere. Place on a plate. Coat shrimp well with cooking spray.

2 Preheat air fryer to 400 degrees F. Place ½ the shrimp in the air fryer and cook about 3 minutes. Turn shrimp over and continue cooking until golden, about 3 minutes more. Season with ¼ tsp salt. Repeat with remaining shrimp.



3 Whisk together honey, lime juice, and serrano chili in small bowl for the dip. Sprinkle fried shrimp with cilantro and serve the dip.



Ingredients

- ½ cup all-purpose Flour
- 1.5 tsp ground black pepper
- 2 large eggs
- 2/3 cup unsweetened flaked coconut
- 1/3 cup panko breadcrumbs
- 12 ounces uncooked medium shrimp, peeled and deveined
- Cooking spray
- ½ tsp kosher salt
- ¼ cup honey
- ¼ cup lime juice
- 2 tsp chopped fresh cilantro

[Click HERE for Video](#)



Air Fryer Sweet Potato Fries

Tara Cox – Greater Charlotte LiveWELL

Ingredients

1 TBSP olive oil

1 tsp chopped fresh thyme

¼ tsp fine sea salt

¼ tsp garlic powder

2 (6oz) sweet potatoes, peeled and cut into ¼ inch sticks

Cooking spray

Preparation

Stir together olive oil, thyme, salt, and garlic powder in a medium bowl. Add sweet potato and toss well to coat.

Lightly coat air fryer basket with cooking spray. Place sweet potatoes in single layer in the basket and cook in batches at 400 F until tender on the inside and lightly browned on the outside, 14 minutes, turning fries over halfway through cooking.

[Click HERE for Video](#)