

FOOD HEALTH NUTRITION

The title 'FOOD HEALTH NUTRITION' is written in large, bold, black, sans-serif capital letters. The word 'FOOD' has a cluster of three blueberries with green leaves replacing the 'O'. The word 'HEALTH' has a head of green broccoli replacing the 'A' and a whole orange and red bell pepper replacing the 'H'. The word 'NUTRITION' has a green pea in its pod replacing the 'U', a stalk of green and yellow asparagus replacing the 'I', a whole orange carrot replacing the 'O', and a whole red strawberry with green leaves replacing the 'I'.

Grace University – January 2023

Saturday, January 28th
9:00–11:00 am
Grace Community Church

Hosted by:
Jennifer Mejia, Kathy Robinson,
Tina Gallas & Lea Ann Hirth

“So whether you eat or drink or whatever you do, do it all for the glory of God.”

1 Corinthians 10:31

“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”

1 Corinthians 10:13

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”

1 Corinthians 6:19–20

“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”

3 John 2

High Fiber Diet

- helps control blood sugar
- lowers cholesterol
- lowers blood pressure
- reduces risk of heart disease
- reduces risk of cancer

Feature #1

Foods with natural fiber are low in calories.

Feature #2

High fiber foods fill you up and keep you feeling full longer.

Feature #3

High fiber foods are healthy for you.

When you eat more high fiber foods...

- feel better
- sleep better
- have more energy
- puts you back in control of your health





The Full Plate 7-Step Plan for Permanent Weight Loss **Overview**

Step #1 ●	Eat a natural fiber food at every meal for 30 days	Build your weight loss foundation by discovering the fiber foods you already like.
Step #2 ●	Master 75% Plate breakfasts	Set the tone for your day with a slimming AND filling breakfast. Fill 75% of your plate with natural fiber foods.
Step #3 ●	Ace 75% Plate suppers	Make slimming Full Plate meals the whole family will enjoy eating.
Step #4 ●	Pack 75% Plate lunches	When you're eating 75% Plate suppers, packing 75% Plate lunches is a breeze.
Step #5 ●	Move for 30-minutes 5 days a week	Learn to use the 4 types of movement we recommend for accelerating weight loss. 1) Strolling, 2) Walking, 3) HIIT & 4) Strength Training.
Step #6 ●	Master the Full Plate Evening Routine	Snack smarter, find fun, non-food related pastimes and get the right amount of sleep. Use these 3 powerful habits to create a new evening routine that'll make you feel more confident and in control of your weight again.
Step #7 ●	Give Back	Help someone else. Take everything you've discovered and use it to help a friend who is struggling or just starting out. In other words, pay it forward!

Result

Practice each of the 7 steps until they become automatic habits.

The longer you practice these steps, the easier they'll become.

When you do each habit without thinking about it, **enjoying a healthy weight can and will become a permanent part of your life!**

The Full Plate Apple Challenge for Members

Do this

- ✓ Purchase 21 apples for this week.
- ✓ Eat an apple* before each meal for the next 7 days.
- ✓ Stop eating when you no longer feel hungry.
- ✓ Fill in your worksheet everytime you eat the apple.

**If you're not an apple fan, try a pear instead. Studies show that pears work just as well as apples.*

Daily Apple Checklist

Day 1 _____	Breakfast	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Lunch	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Dinner	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
Day 2 _____	Breakfast	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Lunch	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Dinner	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
Day 3 _____	Breakfast	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Lunch	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Dinner	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
Day 4 _____	Breakfast	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Lunch	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Dinner	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
Day 5 _____	Breakfast	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Lunch	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Dinner	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
Day 6 _____	Breakfast	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Lunch	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Dinner	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
Day 7 _____	Breakfast	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Lunch	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full
	Dinner	<input type="checkbox"/> Ate apple	<input type="checkbox"/> Stopped eating when full

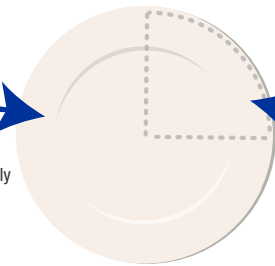
3 Basics of Full Plate Weight Loss

Fill your plate with naturally fiber rich foods

75%

Delicious foods naturally high in fiber like:

- Pinto Beans
- Oatmeal
- Bananas
- Sweet Potato



25%

Any foods you don't want to give up like:

- Bread
- Steak
- Milk
- Dessert

Drink more water



Start with **6-8 Glasses+** per day

Water helps fiber move smoothly through your body.

As you increase fiber foods, also increase water.

Move more

Walk **30 Minutes a Day** to lose weight **FASTER**



High fiber Food LIST

The Daily Dish
The Daily Dish

LEGUMES

Navy beans	1 cup has 19 gr
Lentils	1 cup has 16 gr
Split Peas	1 cup has 16 gr
Mung beans	1 cup has 15 gr
Black Beans	1 cup has 15 gr
Lima Beans	1 cup has 13 gr
Kidney Beans	13 gr per cup
Chickpeas	1 cup has 10.6 gr

GRAINS

Oatmeal	1 cup has 8 gr
Bulgar Wheat	1 cup has 8 gr
Whole Wheat Pasta	1 cup has 6 gr
Quinoa	1 cup has 5 gr
Brown Rice	1 cup has 4 gr
Wild Rice	1 cup has 3 gr
Barley	1 cup has 3 gr
Refined Pasta	1 cup has 2.5 gr
White Rice	1 cup has 0.6 gr

FRUITS

Persimmon	1 cup has 6 gr	Passion Fruit	1 cup has 25 gr
Pears	1 medium, unpeeled has 6 gr	Prunes	1 cup has 12 gr
Kiwifruit	1 cup has 5 gr	Avocado	1 cup has 10 gr
Papaya	1 cup has 5 gr	Guavas	1 cup has 9 gr
Oranges	1 large, peeled has 4.4 gr	Blackberries	1 cup has 8 gr
Apple	1 small, unpeeled has 4 gr	Raspberry	1 cup has 8 gr
Blueberries	1 cup has 4 gr	Pomegranate	1 cup has 7 gr
Strawberries	1 cup has 3 gr	Prunes	1 cup has 7.7 gr

VEGETABLES

Corn	1 cup has 12 gr	Brussels Sprouts	1 cup has 5 gr
Peas	1 cup has 10 gr	Green Beans	1 cup has 4 gr
Parsnips	1 cup has 9 gr	Sweet Potatoes	1 cup has 4 gr
Carrot	1 cup has 7 gr	Potato, baked	1 medium has 4 gr
Winter Squash	1 cup has 5.4 gr	Spinach	1 cup has 4.3 gr
Asparagus	1 cup has 5.7 gr	Kale	1 cup has 2.6 gr
Broccoli	1 cup has 4 gr	Celery	1 cup has 1.6 gr

Air Fryer Basics

An air fryer is a versatile kitchen appliance that can air fry, roast, bake, broil, crisp, dehydrate and reheat foods. It's easy to use, and once you get the hang of it you'll be hooked on air frying!

There are two main types of air fryers: basket air fryers and air fryer ovens. Basket air fryers have a removable basket in which you put food. Air fryer ovens look similar to toaster ovens and have racks inside on which you put food. Air fryer ovens have more cooking functions and more room for food inside, but they also take up more space in your kitchen. Both types of air fryers work in a similar way.

How Does an Air Fryer Work?

An air fryer has a heating element that radiates heat and a fan that circulates hot air around the food in the air fryer basket. The hot air circulation allows you to use significantly less oil than you might in the oven, while still getting the crispy foods that you crave. Food browns nicely, giving you delicious flavor, especially on the caramelized edges.

How To Use an Air Fryer

- **Don't overcrowd the basket.** To get foods crispy and promote even cooking, food should always be in a single layer in the air fryer basket, not stacked or layered. You can cook in batches as needed.
- **It's ok to pull the basket out** to check on the progress of your food during the cooking cycle.
- **Choose the right temperature.** A general rule of thumb when determining the temperature to set your air fryer is to lower the temperature by 25 degrees from the temperature that you would use if cooking in an oven. Your air fryer manual likely includes recommended temperatures for different foods, or follow recipes from trusted sources.
- **Shake or flip part way through to cook evenly.** When cooking food in small pieces, such as Brussels sprouts or French fries, give the basket a good shake about halfway through the cooking time to promote even cooking and browning. When cooking meat such as pork chops or chicken, flip the pieces over about halfway through.
- **Dry foods well to get them crispy.** Moisture is the enemy of crispiness. Before adding oil, seasonings, or placing food in the air fryer basket, pat food dry with a clean kitchen towel or paper towels.
- **Air frying presets.** Most air fryers have a number of preset programs with cook times and temperatures for common foods.

What Cannot be Cooked in an Air Fryer?

Any food with a wet batter should not be placed in the air fryer. You also want to avoid putting food like corndogs or tempura shrimp in air fryers.

Air Fryer Safety

It is important to read and follow all of the safety precautions that are included in your air fryer's manual. Here are a few tips for how to safely use your air fryer:

- An air fryer is designed for air frying, not traditional oil frying, and you should never fill the basket with oil.
- Always cook in a well-ventilated area. Leave plenty of space around the air fryer for the exhaust to ventilate. Do not put it close to a wall.
- With some foods, such as bacon, you have to be aware of the smoke point of the fat that you are cooking. It's best to cook bacon at a temperature lower than the smoke point of bacon grease, to prevent the bacon from smoking or burning. I cook Air Fryer Bacon at 350°F.
- Be aware of the smoke point of the cooking oils that you use. It may be best to avoid using oils with low smoke points or to use a lower cooking temperature. You do not want oils to smoke, burn or splatter on the heating element.
- Protect your hands and countertops from the hot air fryer basket after use. I usually set the hot basket on a silicone trivet or pot holder/hot pad when I take it out of the air fryer.
- Unplug the air fryer when it is not in use.
- Never set your air fryer on the stove.





Air Fryer

Cooking Cheat Sheet

by Daily Yum (DailyYum.com)

Vegetables

	Temp F / C	Time(min)
Asparagus	400°F/200°C	7
Beet Chips	400°F/200°C	7
Broccoli (Florets)	400°F/200°C	10
Brussels Sprouts (1/2)	380°F/190°C	10
Corn on cob	380°F/190°C	10
Cabbage, Steaks	380°F/190°C	10-12
Carrots, Sliced	400°F/200°C	12
Cauliflower (Florets)	400°F/200°C	10-12
Eggplant, Chunks	400°F/200°C	12-15
Green Beans	400°F/200°C	7-10
Mushrooms	400°F/200°C	8-10
Onions, Chopped	400°F/200°C	10-15
Peppers, Chunks	400°F/200°C	12
Potato, Baby	400°F/200°C	15
Potato, Wedges	400°F/200°C	15
Potato Chips	400°F/200°C	8
Potato, Wedges	400°F/200°C	10
Pumpkin, Chunks	400°F/200°C	12-15
Radish Chips	380°F/190°C	8
Squash	400°F/200°C	12
Squash, Breaded	350°F/170°C	10
Sweet Potato, Fries	400°F/200°C	10
Tomato, Sliced	400°F/200°C	10
Zucchini, Sliced	400°F/200°C	10

Fish and Seafood

	Temp F / C	Time(min)
Calamari	400°F/200°C	5
Fish Fillet, 1 inch	400°F/200°C	10-12
Salmon Fillet	400°F/200°C	10-12
Scallops	380°F/190°C	5-7
Shrimp	380°F/190°C	6-8
Shrimp, Breaded	380°F/190°C	8

Meats

	Temp F / C	Time(min)
Bacon	380°F/190°C	10
Burgers	380°F/190°C	10
Chicken Whole	350°F/170°C	50-65
Chicken Breast	400°F/200°C	12
Chicken Drumsticks	400°F/200°C	20-25
Chicken Wings	400°F/200°C	20-25
Chicken Tenders	400°F/200°C	8
Chicken Thighs	400°F/200°C	20
Filet Mignon	400°F/200°C	8-14
Lamb Chops	400°F/200°C	8-12
Meatballs	400°F/200°C	6-8
Pork Chops	400°F/200°C	12-15
Pork Loin	380°F/190°C	12-18
Ribeye	400°F/200°C	8-12
Ribs	400°F/200°C	10-15
Sausages	400°F/200°C	12-15
Sirloin Steak	400°F/200°C	8-12

Snack/Dessert

	Temp F / C	Time(min)
Avocado Fries	380°F/190°C	8
Pineapple, Sliced	350°F/175°C	10-15
Mini Cheesecakes	350°F/175°C	10
Fried Oreos	380°F/190°C	6-8
Fried Pickles	380°F/190°C	8
Jalapenos, Stuffed	380°F/190°C	8-10
Chickpeas	350°F/175°C	15
Blooming Onion	380°F/190°C	10
Pizza	380°F/190°C	8-10
Toast	400°F/200°C	4
Hard Boiled Eggs	350°F/175°C	10-12
Soft Boiled Eggs	350°F/175°C	8-10

Frozen Foods

	Temp F / C	Time(min)
Chicken Nuggets	400°F/200°C	8-10
Cheese Sticks	400°F/200°C	7-10
Fish Filets	400°F/200°C	7-10
Frozen Fries	400°F/200°C	14-20
Pot Stickers	400°F/200°C	8-10

Recipes

Easy Donuts

Ingredients

- 1 can Jumbo Flaky Biscuits like Pillsbury Grands
- 1/2 cup granulated sugar
- 1/2 Tbsp ground cinnamon
- 5 Tbsp butter melted

Instructions

1. Preheat air fryer to 360°F. To do this, simply turn your air fryer on at 360°F and let it run for about 3-5 minutes.
2. In a medium bowl, mix the cinnamon and sugar. Set aside.
3. Open the can of flaky biscuits and cut the center out of each one using a 1-inch round cutter. Lightly coat air fryer basket with coconut oil spray (you can also use olive oil spray). Do not use non-stick spray like Pam (those sprays could be harmful to your air fryer).
4. Place the donuts (not holes), in your air fryer. Bake for 5 minutes at 360°F. As the donuts are cooking, melt the butter.
5. Using a silicone pastry brush, coat the baked donuts with your melted butter. Then cover the donuts with the cinnamon sugar mixture by dipping and rolling them around. Use a spoon to coat the top as well. Gently shake off excess cinnamon sugar. Serve donuts hot.

Donut Holes

When you air fry the "holes", set your timer for 3 minutes and repeat the process of dipping in butter and then adding the cinnamon and sugar mixture.

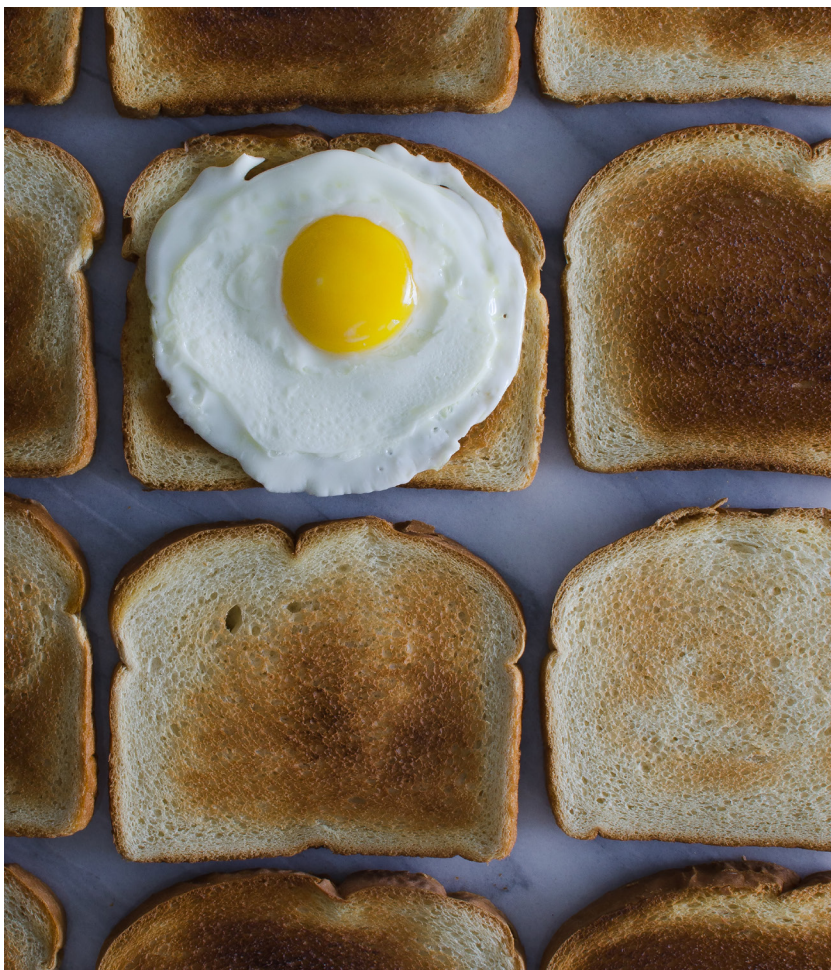


Toast

Instructions

1. Put your bread slices, bagel, or English muffin in the basket, being careful not to overfill the basket.
2. Air fry for the time indicated below:
 - Sandwich bread: 400°F for 4-5 minutes
 - Thicker bread: 400°F for 6 minutes
 - English muffin: 400°F for 3-4 minutes
 - Bagel: 370°F for 4 minutes
 - Frozen bagel: 330°F for 6 minutes

Serve the slices of toast with your favorite toppings.



Chicken Breasts

Ingredients

kosher salt (NOT Table salt)
4 boneless chicken breasts, about 6 ounces each
olive oil spray
3/4 tsp garlic powder
3/4 tsp onion powder
1/2 tsp dried parsley
1/2 tsp smoked paprika
1/8 cayenne pepper

Instructions

1. Pound the thicker end of the chicken to make both sides leveled out so they cook evenly.
2. Fill a large bowl with 6 cups of lukewarm water and add 1/4 cup Diamond Crystal kosher salt; stir to dissolve. Table salt will make it too salty.
3. Add the chicken breasts to the water and let them sit, refrigerated, for 1 to 1 1/2 hours to brine. Remove from water, pat dry with paper towels, and discard the water.
4. In a small bowl combine 3/4 tsp salt with the remaining spices. Spritz the chicken with oil and rub all over, then rub the spice mix over the chicken.
5. Add the chicken to the air fryer basket and air fry in batches at 380°F for 5 minutes on each side, 10 minutes total until browned on the outside and cooked through on the inside. See notes below for larger breasts.

How Long To Cook Chicken Breast in the Air Fryer

The amount of time it takes to cook chicken in an air fryer will vary based on the thickness and size of your chicken breasts. The internal temperature for cooked chicken breast should be 165°F.

- Small Breasts (5 to 6 ounces): 8 to 10 minutes
- Medium Breasts (7 to 8 ounces): 10 to 12 minutes
- Large Breasts (9 ounces or more): 12 to 14 minutes
- Always flip the chicken breast halfway through cooking to ensure it cooks evenly.

Chicken Drumsticks

Dry them off first. Lightly rub with oil and season according to your taste. Cook at 400°F for 18-22 minutes, turning halfway through.

Chicken Thighs

Dry them off first. Lightly rub with oil and season according to your taste. Cook at 400°F for 20 minutes, turning halfway through.

Chicken Wings

Ingredients

2 pounds chicken wings
1 Tbsp baking powder

Instructions

1. Pat the wings dry with paper towels and put them in a zippered bag or a large bowl.
2. Add the baking powder and toss the wings to mix.
3. Put the chicken wings in an air fryer basket, making sure not to overcrowd them. Keep them in a single layer.
4. Air fry at 400°F for 20-25 minutes, flipping them over after 10-12 minutes.
5. Use an instant-read thermometer to verify the wings are cooked to 165°F.
6. Sauce and season according to your liking.



thespicyapron.com

Frozen Chicken Tenders

Instructions

1. Put the chicken tenders in the air fryer basket, making sure to keep them in a single layer.
2. Air fry at 350°F for 11 minutes.
3. Check to see if the tenders are done. Either use an instant-read thermometer to make sure they have reached 165°F or break one in half and check to make sure it is hot.

Air fryers vary in how quickly they cook things, so start with 11 minutes and add more time if needed. If your chicken tenders are on the thick side they might need more cooking time.

Frozen Hamburger Patties

Instructions

1. Place your hamburger patty into the basket/tray of your air fryer.
2. Cook your air fryer burger for 8-10 minutes at 350°F/176°C. At the 5-minute mark (halfway through cooking your hamburger), flip the patty over to ensure that it will cook evenly. Burger is done when it reaches an internal temp of 165°F. You may need to adjust the time.
3. When the air fryer is done cooking, you can add a slice of cheese and continue cooking for 1 minute at 350°F to melt the cheese. (optional)
4. Remove the hamburger from the air fryer basket and place onto bun.

Fresh Hamburger Patties

Ingredients

- 1 pound lean ground beef
- 2 Tbsp melted butter
- freshly ground black pepper to taste

Instructions

1. Preheat an air fryer to 400°F (195°C).
2. Form beef into 4 patties, approximately 3/4 inches thick and 4 1/2 inches in diameter. Make the patties slightly bigger than the buns to allow for shrinkage.
3. Brush melted butter lightly onto both sides of patties and season with pepper. Set patties into the air fryer basket. Depending on the size of your air fryer, you may need to cook them in batches.
4. Air-fry patties for 7 minutes, flipping halfway through, for medium doneness. For well done, air-fry for an additional 2 minutes.

Chicken Fajitas

Ingredients

2 skinless chicken breasts or 3-4 skinless chicken thighs, cut into strips

1 red, yellow or green bell pepper, cut into strips

1/2 onion cut into strips, any color

3 Tbsp fajita seasoning or seasoning of your choice

½ Tbsp avocado oil or olive oil

Instructions

1. Cut the chicken into strips. Slice the bell pepper and onions into bite-size pieces.

2. Put the meat and vegetables in a bowl and add the oil and fajita seasoning. Toss so that everything is coated with the seasoning.

3. Put the meat and vegetables in the air fryer basket. Spread them out so that the basket is not overcrowded.

4. Air fry at 400°F for 8-10 minutes. Open the air fryer and toss the vegetables with tongs halfway through the cooking time.

5. Check a few of the chicken strips with an instant-read thermometer and make sure the meat has reached 165°F internal temperature. It should look fried and be brown around the edges.

6. Squeeze some lime juice over the chicken and serve with tortillas and guacamole.

If you don't have fajita seasoning, make your own with:

- 2 tsp chili powder
- 1 tsp smoked paprika (or sweet paprika)
- 1 tsp salt
- 1 tsp sugar
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp ground cumin
- 1/4–1/2 tsp cayenne pepper



loveandotherspices.com

Turkey Breast

Ingredients

- 3-5 pound bone-in or boneless turkey breast
- 1 Tbsp olive oil
- 1/2 Tbsp herbes de Provence seasoning, or poultry seasoning and sage
- 1 tsp kosher salt, optional
- 1 tsp black pepper, optional

Instructions

1. Take the turkey breast out of its packing and pat it dry. If it has a netting leave it on.
2. Spread the oil over the turkey skin and then sprinkle on the herbes de Provence, coating all sides of the turkey breast. Sprinkle the salt and black pepper as well, if desired.
3. Put the turkey breast in the air fryer basket and set it at 350°F for 20 minutes. It doesn't matter which side goes down.
4. When the air fryer is finished use tongs to flip it over and cook it at 350°F for another 30 minutes.
5. Check the internal temperature of the turkey with an instant-read thermometer. The turkey is done when it reaches 145°F internal temperature. If you have a boneless breast check the temperature in the middle. If it is a bone-in breast, check the temperature near the bone, but not touching the bone.
6. If the turkey needs extra time put it back in the air fryer at 350°F and check the temperature again every 5-10 minutes.
7. Once the turkey is done, take it out and let it rest on a serving platter, covered with foil, for 15 minutes before cutting.



delish.com

Salmon

Ingredients

- 1 pound salmon, cut into 2-4 portions
- 1 tsp paprika
- 1/2 tsp salt
- 1/4 tsp pepper or season according to your taste

Instructions

1. If necessary, trim the salmon into pieces that will fit in your air fryer basket. There is no need to remove the skin.
2. Put the salmon skin-side down on a cutting board. Mix the paprika, salt, and pepper and sprinkle it over the top of the fish.
3. Put a sheet of parchment paper (with holes) in the bottom of the air fryer. You can make this without parchment paper, but it simplifies cleanup and keeps the salmon skin from sticking to the basket.
4. Transfer the salmon fillets to the air fryer basket, skin side down. Cook at 400°F for 8 minutes. There is no need to flip the salmon during the cooking time.
5. Check the salmon by testing it with a fork. If it is pinkish, opaque colored, and flakes easily, it is done. Alternatively, you can use an instant-read thermometer. The salmon is done at 145°F.
6. If it isn't done, air fry it at 400°F for another 1-2 minutes until done.

Change up the seasoning for different flavors. Other seasoning ideas include Cajun seasoning, lemon pepper, seasoned salt, or Old Bay.

Frozen Okra

Ingredients

16 oz frozen okra
olive oil spray or 1 tsp olive oil
½ tsp garlic
½ tsp black pepper
½ tsp salt
red pepper flakes optional

Instructions

1. Preheat your air fryer to 400°F. To preheat an air fryer that doesn't have a dedicated 'Preheat' button, turn it on to 400°F and let it heat up for 3-4 minutes.
2. Arrange the frozen okra on a single layer on your air fryer basket.
3. Spray the okra with your cooking spray.
4. Mix the spices in a small bowl and sprinkle on the frozen okra.
5. Lightly rub the spices all over or shake the basket.
6. Air fry for 15 minutes and shake the basket.
7. Garnish with red pepper flakes and serve!

Eggplant

Ingredients

2 Tbsp olive oil
1 tsp garlic powder
1/2 tsp red pepper
1 tsp sweet paprika optional
1/2 tsp Italian seasoning
1 eggplant cut into 1-inch pieces (leave skin on)

Instructions

1. Combine all ingredients and toss until eggplant pieces are coated with olive oil and spices. Put the eggplant in the air fryer basket.
2. Air fry the eggplant at 375°F for 20 minutes, shaking the basket halfway through.

Notes

This air fryer eggplant can be served hot or cold.

Potatoes – Sweet or Idaho

Poke holes in the potato. Rub with olive, coconut, or avocado oil. Rub some salt on the potato. Cook for 35-40 minutes at 400°F. Test for doneness; it may need another 5 minutes or so.

Baby Potatoes

Ingredients

1 1/2 pounds whole baby potatoes
1 Tbsp olive oil
1–4 tsp kosher salt, depending on preference
fresh herbs (thyme, rosemary, or sage), optional

Instructions

1. Wash and dry the potatoes. Make sure they are dry so that the skins get crispy.
2. Put the potatoes in a bowl and drizzle with the olive oil. Stir to coat the skins with oil. Add the salt and stir again.
3. Put the potatoes in the air fryer, making sure not to crowd the basket. Set it to 400°F and cook for 14 minutes. Halfway through, pull the basket out and shake to redistribute the potatoes.
4. Test the potatoes by inserting a fork into one of the larger ones. They are done when the fork goes in easily.
5. Cooking time will vary depending on what size your potatoes are. If they need more time cook them longer, testing every 3 minutes.
6. Toss with fresh herbs before serving if desired.



everydayfamilycooking.com

Frozen French Fries

Ingredients

- 1 16-ounce bag frozen french fries
- Salt and/or other seasonings (optional)

Instructions

1. Preheat air fryer to 400°F.
2. Working in batches as needed, place frozen fries in air fryer basket and air fry for 10-13 minutes, depending on the type of fry, shaking the basket and checking for desired level of crispiness, every 5 minutes.
3. For optimal crispiness use the following cook times as a guide: sweet potato and waffle fries: 10-12 minutes; straight cut and crinkle cut: 11-13 minutes.
4. Serve immediately. Optional: sprinkle with salt and/or other seasonings to taste.

Notes

1. Don't overcrowd the air fryer basket. You don't need to have all the fries in a single layer but there should be some space in-between or around fries. I cook a 16-ounce bag in two batches.
2. Air fryers vary in terms of cooking times and temperatures. It's always best to use these instructions as a guide but to test with your specific air fryer.
3. You don't need to add salt as most frozen french fries are already seasoned with salt.
4. Once cooked, air fryer frozen french fries will last 3-5 days in the fridge. Wrap fries in parchment paper and store in a glass container, but do not overpack it. This will help to keep fries from getting soggy.
5. When looking to reheat, toss them in the air fryer for 3-5 minutes at 375°F. However, they'll never be quite as crunchy as when they're first cooked. Thicker fries will also have a better shot at reaching crispiness upon reheating.

Acorn Squash

Ingredients

- 1 acorn squash
- 1 tsp olive oil
- 1/2 tsp salt
- 1/2 tsp cinnamon

Instructions

1. Wash the squash and dry it.
2. Use a large, sharp knife to cut it in half.
3. Scoop out all the seeds and insides using a spoon. You can leave it in halves or cut it into wedges if you prefer.
4. Brush the cut sides with the olive oil and sprinkle on the salt and cinnamon.
5. Put the halves in the air fryer basket cut side up. Cook it at 370°F for 20 minutes.
6. It is done when a fork goes easily into the flesh and the edges just start to brown.
7. Serve the halves as-is or scoop the squash into a bowl and serve it mashed.

Roasted Carrots

Ingredients

- 2 pounds carrots *see notes on next page
- 3 Tbsp butter or olive oil
- 2 Tbsp honey or maple syrup
- 1 Tbsp fresh thyme or 1 teaspoon dried
- ½ tsp salt
- 1 tsp black pepper

Instructions

1. Wash and peel the carrots. Then chop them into 1-inch pieces.
2. Put the butter in a large bowl. Microwave until melted. Whisk in the honey, half the thyme leaves, salt, and pepper. Add prepared carrots, and toss to coat.
3. Add carrots and sauce to the basket in a single layer. Roast at 375°F for 10 minutes. Pull out the basket and shake it or stir to ensure even doneness. Cook for another 10 minutes or until tender and lightly caramelized.
4. Once done, use tongs to remove the carrots to a serving platter. Sprinkle with the remaining thyme leaves. Pour the accumulated juices into a bowl for serving.

Notes

Instead of thyme, you can use rosemary, dill, parsley, or other fresh herbs.

Carrot variations:

- Slice the carrot pieces into French fry shapes. Cook 12 minutes total.
- Use baby carrots.
- Use whole carrots, cutting if needed to fit in the basket. Cook 25 minutes total.
- Use frozen precut carrots. Reduce the temperature to 360°F and cook for 15 minutes.

Broccoli

Ingredients

1 large bunch of broccoli (1 pound)
1/2 Tbsp sesame oil or olive oil
1/4 tsp salt
1/4 tsp garlic powder
2 Tbsp water

Instructions

1. Wash the broccoli and cut it into bite-sized pieces about 1 inch each. Include the stems if you like; they taste delicious too.
2. Put the broccoli in a bowl and add the oil, salt, and garlic powder. Toss everything to mix well and coat the broccoli.
3. Put 2 Tbsp of water in the bottom of the air fryer, underneath the basket.
4. Add the broccoli to the basket and air fry it at 400°F for 6 minutes.
5. Check the broccoli and add a minute or two to the cooking time if you prefer it to be crispier.

Hard or Soft Boiled Eggs

Ingredients

4–12 large eggs, depending on the size of your air fryer

Instructions

1. Preheat your air fryer to 270–275°F (132–135°C). If your air fryer doesn't go lower in temperature than 300°F, set it to 300°F (148°C).

2. Add the eggs to the basket, leaving a little space between each one. Close the air fryer.

For soft boiled eggs, cook for 9-11 minutes. For jammy eggs, cook 12-13. For hard boiled eggs, cook for 13-16 minutes. If you set your air fryer to 300°F (148°C), subtract about 1-2 minutes. Remember, you'll need to practice a bit to figure out how long to cook in your particular air fryer.

4. Remove the eggs from the air fryer and set them in an ice bath for about 4-5 minutes, until cool but not cold (this makes them easier to peel).

5. Gently crack the egg shells, rolling them a bit along a hard surface to make cracks along all sides. Peel and enjoy right away or store for later.

Baked Apples

Ingredients

2 large or medium apples

2 Tbsp brown sugar

1/2 tsp apple pie spice (or ground cinnamon)

2 Tbsp pecans, chopped

2 Tbsp raisins or dried cranberries

1 Tbsp butter

1/2 cup water (for the air fryer basket)

Instructions

1. Wash and dry the apples. Core the apples by cutting around the stem with a knife. Then use a melon baller or spoon to remove the core and seeds, leaving the bottom of the apple intact.

2. Mix the brown sugar, apple pie spice, pecans, and raisins in a small bowl.

3. Spoon the filling into the middle of the cored apples.

4. Cut the butter into small pieces and put some inside the apples, on top of the filling.

5. Put 1/2 cup water in the bottom of the air fryer, underneath the basket, so that the apples steam and stay moist as they cook.

6. Place the filled apples in the air fryer basket and cook at 350°F for 15 minutes.

Notes

1. Serve topped with caramel sauce or a scoop of vanilla ice cream if desired.

2. Any baking apple works well in this recipe. Some favorites are Cortland, Granny Smith, Fuji, Fortune, and Honeycrisp.

3. You can also just cut the apples in half, cut the core out, and then air fry the apple halves.

Apple Crisp

Ingredients

2 large fresh apples, about 2 1/2 cups
4 Tbsp brown sugar, divided
2 tsp apple pie spice, divided
1/4 cup pecans
1/2 cup oatmeal
4 Tbsp butter
pinch of salt (optional) if you are using unsalted butter

Instructions

Make in a small oval baking dish or individually sized ramekins.

1. Core and slice the fruit. You can peel it but you don't need to.
2. Put the slices in a bowl with 2 Tbsp of brown sugar and 1 tsp of apple pie spice. Stir to mix.
3. Put the apple filling in the baking dish and cover with aluminum foil. Air fry at 350°F for 15 minutes.
4. While it cooks put the remaining brown sugar, remaining pie spice, pecans, and oatmeal in a bowl and mix dry ingredients together.
5. Add the butter to the bowl and use a pastry cutter to cut it into the bowl until the mixture resembles small crumbs.
6. When the cook time is up spoon the topping onto the fruit in the baking dish. Air fry at 350°F for another 5 minutes to crisp up the topping.
7. Serve with whipped cream or a scoop of ice cream.

Note

If you don't have apple pie spice you can substitute cinnamon.

Resources

Websites:

Fullplateliving.org

Facebook Pages:

Air Fryer Enthusiasts

Air Fryer Recipes

Best and Easy Air Fryer Recipes

Full Plate Living Community

Book:

Help I'm Addicted - Overcoming the Cravings that Overcome You by Shane Idleman



Description:

We are at a crossroads. Opioid and alcohol abuse are leaving a path of destruction in their wake. Pornography is desecrating families. Obesity is skyrocketing and plaguing millions, reaching epidemic levels in children. Heart disease and cancer are—by far—the leading “killers” in America. And on and on it goes, from nicotine to caffeine to food. As a society, we are out of control. But are there answers? Yes, absolutely—if we once again set our sights on God’s truth.

One of the greatest joys associated with pastoring is seeing others filled with the Spirit of God: “You will seek Me and find Me, when you search for Me with all your heart” (Jeremiah 29:13). My goal is to fan the flames of passion toward God. This book is not a step-by-step guide written from a medical perspective; it’s a biblically centered resource pointing you to the One who has the answers.

[This book can be purchased on Amazon!](#)

