

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Cuisinart® AirFryer Toaster Oven

TOA-60C

FOR YOUR SAFETY AND CONTINUED ENJOYMENT OF THIS PRODUCT, ALWAYS READ THE INSTRUCTION BOOK CAREFULLY BEFORE USING.

CONTENTS

Important Safeguards. 2

Special Cord Set Instructions 3

Features and Benefits 4

Before First Use 5

General Guidelines 5

Oven Rack and Pan Positions 5

Operation 6

Cleaning and Maintenance 7

Recipes. 9

Warranty 34

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

1. **Read all instructions.**
2. **UNPLUG FROM OUTLET WHEN NOT IN USE AND BEFORE CLEANING. Allow to cool before cleaning or handling, putting on or taking off parts.**
3. Do not touch hot surfaces. Use handles, or knobs.
4. To protect against electrical shock, do not place any part of the AirFryer Toaster Oven in water or other liquids. See instructions for cleaning.
5. This appliance should not be used by or near children or individuals with certain disabilities.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the AirFryer Toaster Oven to the store or retailer where purchased for examination or repair, or adjustment.
7. The use of accessory attachments not recommended by Cuisinart may cause injury.
8. Do not use outdoors.

9. Do not let cord hang over the edge of the table or countertop, where it could be pulled on inadvertently by children or pets, or touch hot surfaces, which could damage the cord.
10. Do not place AirFryer Toaster Oven on or near a hot gas or electric burner or in a heated oven.
11. Do not use this AirFryer Toaster Oven for anything other than its intended purpose.
12. Extreme caution should be exercised when using containers constructed of materials other than metal or glass in the oven.
13. To avoid burns, use extreme caution when removing AirFryer Toaster Oven accessories or disposing of hot grease.
14. **When not in use, always unplug the unit.** Do not store any materials other than manufacturer's recommended oven proof accessories in this AirFryer Toaster Oven.
15. Do not place any of the following materials in the AirFryer Toaster Oven: paper, cardboard, plastic and similar products.
16. Do not cover Crumb Tray or any part of the oven with metal foil. This will cause overheating of the oven.
17. Oversize foods, metal foil packages and utensils must not be inserted in the AirFryer Toaster Oven, as they may involve a risk of fire or electric shock.
18. A fire may occur if the AirFryer Toaster Oven is covered or touching flammable materials such as curtains, draperies or walls, when in operation. Do not store any items on top of the appliance when in operation. Do not operate under wall cabinets.
19. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, involving a risk of electric shock.
20. Do not attempt to dislodge food when the AirFryer Toaster Oven is plugged into electrical outlet.
21. **Warning:** To avoid possibility of fire, NEVER leave AirFryer Toaster Oven unattended during use.
22. Use recommended temperature settings for all cooking/baking, roasting and AirFrying.
23. Do not rest cooking utensils or baking dishes on glass door.

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24. Turn the ON/Oven Timer and the ON/Toaster Timer dials to the OFF position to turn off the AirFryer Toaster Oven.
 25. Do not operate your appliance in an appliance garage or under a wall cabinet. When storing in an appliance garage, always unplug the unit from the electrical outlet. Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.
 26. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
 27. To disconnect, turn any control to "off", then remove plug from wall outlet.
 28. A fire may occur if the AirFryer Toaster Oven is covered or touching flammable material, including curtains, draperies, walls, and the like, when in operation. Do not store any item on top of the appliance when in operation.

SAVE THESE INSTRUCTIONS

Please read and keep these instructions handy. These instructions will help you use your Cuisinart® AirFryer Toaster Oven to its fullest so that you will achieve consistent, professional results.

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Extension cords are available and may be used if care is exercised in their use.

If an extension cord is used, the marked electrical rating of the extension cord must be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop, where it can be tripped over unintentionally or pulled on by children.

NOTICE

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

FOR HOUSEHOLD USE ONLY

NOT INTENDED FOR COMMERCIAL USE

FEATURES AND BENEFITS

1. **Power On Light**
Indicator light will turn on and remain lit when oven is in use.
2. **ON/Oven Timer Dial**
Use to set desired time for all functions except Toast function. Setting the oven timer powers the unit on and begins the cooking cycle. When the timer runs out, the unit will power off.
3. **Oven Temperature Dial**
Use to set desired temperature.
4. **Function Dial**
Use to select cooking method – Warm, Broil, Convection Broil, Toast, Bake, Convection Bake, AirFry.
5. **ON/Toast Timer Dial**
Use to set desired toast shade from light to dark. Setting the Toast Timer powers the unit on and begins the toasting cycle. When cycle is complete, the unit will power off.
6. **Light Button**
Push the button to turn on the interior oven light. Please note that this oven has a bulb-saver feature that allows the light to work only while the oven is in use. The light will not work if the power is off.
7. **Easy Clean Interior**
The sides of the oven are coated, providing an easy-to-clean surface.

8. Safety Auto Off Door Switch

This oven comes equipped with a Safety Auto Off switch that cuts off power to the unit when the oven door is opened. Please make sure to keep the oven door closed during cooking/AirFrying.

9. Pull-Out Crumb Tray

The crumb tray comes already positioned in your oven. The crumb tray slides out from the bottom front of the AirFryer Toaster Oven for easy cleaning.

10. AirFryer Basket

Use the AirFryer Basket in conjunction with the AirFry function to optimize your cooking results. The AirFryer Basket should always be used nested in the baking pan.

11. Oven Rack

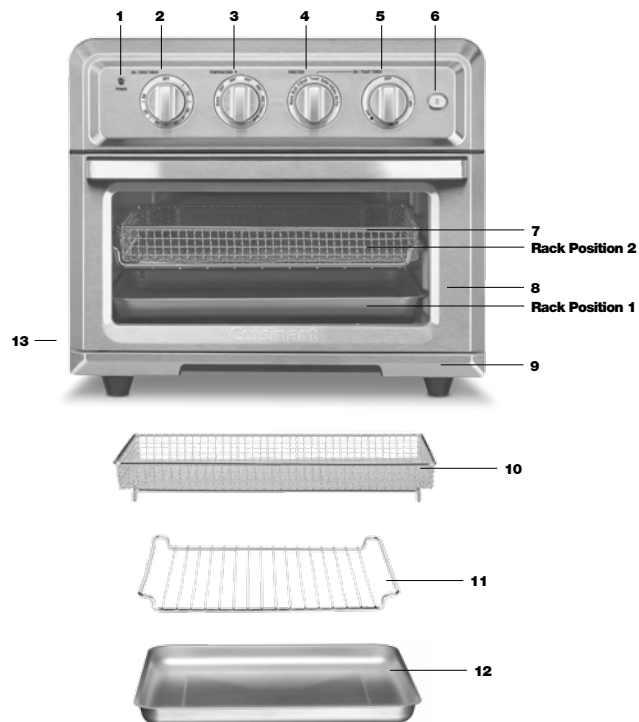
Can be used in two positions: Position 1 (bottom), Position 2 (top). Position 2 has a 50% stop feature so the rack stops halfway out of the oven. The oven rack can be removed from Position 2 by lifting the front of the rack and sliding it out.

12. Baking Pan/Drip Tray

A Baking Pan/Drip Tray is included for your convenience. Use alone when baking or roasting. Use Baking Pan with the AirFryer Basket when AirFrying.

13. Cord Storage (rear, not shown)

Takes up excess cord and keeps countertop neat.



BEFORE FIRST USE

Place your AirFryer Toaster Oven on a flat surface.

Before using your AirFryer Toaster Oven, move it 2 to 4 inches (5 to 10 cm) away from the wall or from any objects on the countertop. Do not use on heat-sensitive surfaces.

OBJECTS SHOULD NOT BE STORED ON THE TOP OF THE OVEN. IF THEY ARE, REMOVE ALL OBJECTS BEFORE YOU TURN ON YOUR OVEN. THE EXTERIOR WALLS GET VERY HOT WHEN IN USE. KEEP OUT OF REACH OF CHILDREN.

GENERAL GUIDELINES

AirFry: This function is used to AirFry meals as a healthy alternative to deep frying in oil. The AirFry function uses a combination of hot air, high blower velocity and 4 upper heating elements to prepare a variety of meals that are both delicious and healthier than traditional frying.

Use the provided Baking Pan and AirFryer Basket when using the AirFry function.

Place the AirFryer Basket onto the Baking Pan. Use Rack Position 2 for AirFrying.

Bake: This function can be used as you would normally use your kitchen oven for roasting meats, including chicken, or for delicate baked goods like cakes and custards.

Use the provided Baking Pan for making fresh pizza. When baking frozen pizza, place directly on the Oven Rack.

Convection Bake: Convection baking uses a fan to circulate heated air around food as it cooks. Use this function for baked goods that require even browning like scones, cookies, pastry and bread.

Most baking recipes recommend reducing temperatures by 25 degrees (5°C) when using the convection feature. Always check doneness 10 minutes before suggested end of cooking time.

Broiling: Broiling function can be used for beef, chicken, pork, fish and more. It also can be used to top-brown casseroles and gratins. Convection Broil is best for meats and fish, while traditional broil should be reserved for top browning. **Caution:** Aluminum foil is not recommended for covering the AirFryer Toaster Oven accessories. If covered, the foil prevents the fat from dripping into the drip tray. Grease will

accumulate on the foil surface and may catch fire. If you choose to use foil to cover the Baking Pan/Drip Tray, be sure foil is cut to neatly fit into the pan and does not touch the wall or heating elements.

Toasting: Always have the Oven Rack in Position 2, as indicated in the diagram below, for even toasting. Always position your item/items in the middle of the rack.

WARNING: Placing the Oven Rack in Position 1 or 2 with the rack upward while toasting may result in a fire. Refer to rack position diagram for proper use.

Turning off the AirFryer Toaster Oven: Turn BOTH the ON/Oven Timer and the ON/Toast Timer dials to the OFF position. The power on light will turn off.

OVEN RACK AND PAN POSITION DIAGRAMS

Each recipe gives you step-by-step directions and will tell you where the Oven Rack and tray should be positioned for best results. Please refer to the diagrams below for oven rack positions.

POSITION 2 FOR BAKING

NOTE: For chicken or other large items the pan or rack can be in Position 1.



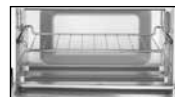
POSITION 1 FOR BAKING



POSITION 2 FOR BROILING AND AIRFRYING



POSITION 2 FOR TOASTING



OPERATION

Unwind the power cord. Check that the Crumb Tray is in place and that there is nothing in the oven. Plug power cord into the wall outlet.

Broil or Convection Broil

Place the AirFryer Basket on top of the Baking Pan to use to Broil in rack Position 2.

Set the Function Dial to either Broil or Convection Broil. Set Temperature Dial to Toast/Broil. Then turn the ON/Oven Timer dial to the desired cooking time to turn on the oven and begin broiling. The power light will illuminate. The timer will ring once when the cycle is complete and the oven will power off when the time expires.

To stop broiling, turn the ON/Oven Timer dial to the OFF position.

Broiling Tips:

For best results, use the provided AirFryer Basket fitted inside the Baking Pan to broil.

Never use glass oven dishes to broil.

Be sure to keep an eye on food – items can get dark quickly while broiling.

Bake

Fit provided Baking Pan or Oven Rack into either rack position.

Set the Function Dial to Bake. Set the Temperature Dial to desired temperature. Then turn the ON/Oven Timer dial to the desired cooking time to turn on the oven and begin baking (It is recommended to preheat oven for 5 minutes prior to baking. Incorporate this into the total baking time).

The power light will illuminate. The timer will ring once when the cycle is complete and the oven will power off when the time expires.

To stop baking, turn the ON/Oven Timer dial to the OFF position.

Baking Tips:

Select Bake for more delicate baked goods like custards, cakes and eggs.

Most baked goods, as well as larger items, are baked in rack Position 1, while most egg dishes and custards should be baked in rack Position 2.

If making fresh pizza, place Baking Pan in oven in Position 1. If making frozen pizza, place pizza directly on the rack in Position 1. For chicken or other large items, the pan can be in Position 1.

Convection Bake

Set the function to Convection Bake. Set the Temperature Dial to desired temperature. Then turn the ON/Oven Timer dial to the desired cooking time to start the oven and begin baking (It is recommended to preheat oven for 5 minutes prior to baking. Incorporate this into the total baking time).

The power light will turn on. The timer will ring once when the cycle is complete and the oven will power off when the time expires.

Place the pan in Position 2 for baking. For chicken or other large items, the pan can be in Position 1. To stop Convection Bake operation, turn the ON/Oven Timer dial to the OFF position.

Convection Baking Tips:

Most baking recipes recommend reducing temperatures by 25 degrees (5 °C) when using the convection feature. Always check for doneness 10 minutes before end of suggested cooking time.

Select Convection Bake for most hearty baked goods that require even browning such as scones and pies, as well as roasts and poultry.

IMPORTANT

All of our recipes have been tested in our test kitchen and are specially developed to work in the Cuisinart® AirFryer Toaster Oven.

Warm

Fit provided Baking Pan or Oven Rack into rack Position 2.

Set the Temperature Dial to Warm. Set the Function Dial to Warm. Then turn the ON/Oven Timer Dial to the desired warming time to start the oven and begin warming.

The power light will illuminate. The timer will ring once when the cycle is complete and the oven will power off when the time expires.

To stop warming, turn the ON/Oven Timer dial to the OFF position.

Toast

Fit Oven Rack into Position 2. If toasting two items, center them in the middle of the Oven Rack. Four items should be evenly spaced – two in front, two in back. Six items should be evenly spaced – three in front, three in back.

Set the Function Dial to Toast. Set the Temperature Dial to Toast/Broil. Turn the ON/Toast Timer Dial to desired shade setting from light to dark within the marked settings to turn on the oven and begin toasting.

The oven power light will illuminate. The timer will ring and turn off.

To stop toasting, turn the ON/Toast Timer dial to the OFF position.

Important Notes on Toasting

The Oven Rack must be in Position 2 as indicated in the diagram on page 5.

AirFry

Place the AirFryer Basket onto the Baking Pan. AirFry in rack Position 2.

Set the Function Dial to AirFry. Set Temperature Dial to desired temperature. Then turn the ON/Oven Timer dial to the desired cooking time to turn on the oven and begin AirFrying.

The oven power light will illuminate. The timer will ring once when the cycle is complete and the oven will power off when the time expires.

To stop AirFrying, turn the ON/Oven Timer dial to the OFF position.

AirFrying Tips:

AirFrying is a healthy alternative to frying. Many foods that can be fried, can be AirFried without using excess amounts of oil. AirFried foods will taste lighter and less greasy than deep-fried foods.

Most oils can be used for AirFrying. Olive oil is preferred for a richer flavour. Vegetable, canola or grapeseed oil is recommended for a mild flavour.

Spray food liberally and evenly with oil to achieve the crispiest and most golden results.

An assortment of coatings can be used for AirFry foods.

Some examples of different crumb mixtures include: breadcrumbs, seasoned breadcrumbs, panko breadcrumbs, corn flakes, potato chip crumbs, graham cracker crumbs, quinoa, various flours, etc.

Most foods do not need to be flipped during cooking, but larger items, like chicken cutlets, should be flipped halfway during cooking to ensure quick, even cooking and browning.

When AirFrying large quantities of food that crowd the pan, toss food halfway through cooking to ensure even cooking and colouring.

Use higher temperatures for foods that cook quickly, like bacon and chips, and lower temperatures for foods that take longer to cook like breaded chicken.

Foods will cook more evenly if they are cut to the same size.

Line the Baking Tray with aluminum foil for easy cleanup.

Please note that when most foods cook, they release water. When cooking large quantities for an extended period of time, condensation may build up, which could leave moisture on your countertop

CLEANING AND MAINTENANCE

Always allow the oven to cool completely before cleaning.

Always unplug the oven from the electrical outlet.

Do not use abrasive cleaners, as they will damage the finish. Simply wipe the exterior with a clean, damp cloth and dry thoroughly. Apply the cleansing agent to a cloth, not directly onto the toaster oven, before cleaning.

To clean interior walls, use a damp cloth and a mild liquid soap solution or a spray solution on a sponge. Never use harsh abrasives or corrosive products. These could damage the oven surface. Never use steel wool pads, etc., on interior of oven.

Oven Rack, Baking Pan, AirFryer Basket and Crumb Tray should be hand-washed in hot, sudsy water or use a nylon scouring pad or nylon brush. They are NOT dishwasher safe.

After cooking greasy foods and after your oven has cooled, always clean top interior of oven. If this is done on a regular basis, your oven will perform like new. Removing the grease will help to keep toasting consistent, cycle after cycle.

To remove crumbs, slide out the Crumb Tray and discard crumbs. Wipe clean and replace. To remove baked-on grease, soak the tray in hot, sudsy water or use nonabrasive cleaners. Never operate the oven without the Crumb Tray in place.

Never wrap the cord around the outside of the oven. Use the cord storage cleats on the back of the oven.

Any other servicing should be performed by an authorized service representative.

AIRFRYER CHART

The chart below lists the suggested cooking time and temperature for the maximum amount of food that can be air fried in the Cuisinart AirFryer Toaster Oven. When air frying maximum amounts, toss occasionally to ensure the crispiest, most even results.

Smaller amounts of food will require less amount of time. Use the oven light to periodically check foods in order to achieve your perfect results.

Spray all foods liberally with oils.

Food	Max Amount	Function	Temperature	Time
Bacon	8 slices	Air Fry	400°F (200°C)	8 to 10 minutes
Chicken Wings	2 pounds (907 g), about 20 wings	Air Fry	400°F (200°C)	20 to 25 minutes
Frozen Appetizers, (e.g. mozzarella sticks, popcorn shrimp, etc.)	1½ pounds (680 g), about 28 frozen mozzarella sticks	Air Fry	400°F (200°C)	5 to 7 minutes
Frozen Chicken Nuggets	1 pound (454 g), about 34 frozen chicken nuggets	Air Fry	400°F (200°C)	10 minutes
Frozen Fish Sticks	12 ounces (340 g), about 20 frozen fish sticks	Air Fry	400°F (200°C)	8 minutes
Frozen Fries	1 to 2 pounds (454 to 907 g)	Air Fry	450°F (200°C)	15 to 25 minutes
Frozen Steak Fries	1 to 2 pounds (454 to 907 g)	Air Fry	450°F (200°C)	15 to 25 minutes
Hand-Cut Fries	2 pounds (907 g), about 3 medium potatoes, cut into ¾-inch (0.6 cm) thick pieces, about 4 inches (10 cm)	Air Fry	400°F (200°C)	15 to 20 minutes
Hand-Cut Steak Fries	2 pounds (907 g), about 3 medium-large potatoes, cut into eighths lengthwise	Air Fry	400°F (200°C)	15 to 20 minutes
Shrimp	1 pound (454 g), about 16 extra-large shrimp	Air Fry	375°F (200°C)	8 to 10 minutes
Tortilla Chips	6, 5-inch (12.7 cm) tortillas cut into fourths	Air Fry	400°F (200°C)	5 to 6 minutes, toss halfway through

RECIPES

These mouthwatering recipes are just a sampling of what this appliance can do.

APPETIZERS AND SMALL BITES

Chicken Wings, Two Ways	11
Buffalo Sauce for Chicken Wings	11
Sesame Ginger Sauce for Chicken Wings	11
Crab Cakes	12
Crispy Chickpeas	13
Fried Pickles	13
Italian Rice Balls	13
Kale Chips	14
Nachos with Shredded Chicken and Homemade Tortilla Chips	14
Pork and Ginger Wontons	15
Potato Wedges with Crumbled Bacon and Blue Cheese	16
Shrimp Diablo	16
Spinach, Gruyère and Artichoke Dip	17
Spring Rolls with Sweet Chili Dipping Sauce	17
Veggie Sticks with Herbed Yogurt Dip	18

MAIN COURSES

Chicken Tenders	19
Classic Roast Chicken	20
Fish Tacos with Peach Salsa	20
Maple-Pecan BLT	21
Meatball Grinder	21
Pan-Roasted Salmon Dinner	22

Pizza with Arugula, Prosciutto and Fig Jam	22
Pizza Margherita	23
Roasted Chicken Thighs with Smoked Paprika and Lime	23
Roasted Lamb Chops with Rosemary and Garlic	24
Sausage and Kale Quiche	24
Simply Broiled Burgers	25

SIDES

Brussels Sprouts with Pancetta	26
French Fries	26
Roasted Acorn Squash	26
Roasted Fennel, Carrots and Parsnips	27
Sweet Potato Fries with Chipotle Mayonnaise	27

SWEET TREATS

Baked Apples	28
Blueberry Muffins	28
Cinnamon Sugar Doughnut Bites	29
Cherry-Ginger Scones	30
Chocolate Layer Cake with Salted Caramel Frosting	30
Crunchy Granola	31
“Fried” Apples	32
Peanut Butter Swirl Brownies	32

APPETIZERS AND SMALL BITES

Traditionally deep-fried favourites are transformed into lighter, healthier versions in the Cuisinart® AirFryer Toaster Oven, which requires only a few spritzes of oil to AirFry. Plus, we offer many interchangeable dipping sauces that can be enjoyed with more than just the recipes they accompany.

Beet Chips with Fresh Dill

Any root vegetable can be sliced thin and air-fried for a healthier alternative to packaged potato chips.

Makes about 1 to 2 servings

- 1 medium beet [about 5 ounces (145 g)]**
Olive oil, for spraying
- ¼ teaspoon (1 ml) kosher salt**
- 1 tablespoon (15 ml) fresh dill, chopped**
- ½ teaspoon (2.5 ml) white wine vinegar**

1. Place the AirFryer Basket onto the Baking Pan. Reserve.
2. Slice beet into thin, even slices, about 1 mm thick, or use the 3 millimeter setting on the slicing attachment of a Cuisinart® food processor. Transfer to the reserved basket in a single layer. Spray liberally with oil, sprinkle with salt and toss. Spread into a single layer.
3. Put the assembled pan into rack Position 2. Set to AirFry at 400°F (200°C) for 5 minutes, or until edges are browned and crispy.
4. When beet chips are ready, transfer to a serving bowl. Sprinkle with chopped dill and vinegar and toss to combine.

Nutritional information per serving (based on 2 servings):

*Calories 51 (41% from fat) • carb. 7g • pro. 1g • fat 2g • sat. fat 0g • chol. 0mg
sod. 322mg • calc. 12mg • fiber 2g*

Blooming Onion

Who knew this popular restaurant appetizer was so easy to make? Serve it with the Chipotle Mayonnaise on page 27 or the Herbed Yogurt Dip on page 18.

Makes 1 blooming onion, about 2 to 3 servings

- ½ cup (125 ml) unbleached, all-purpose flour**
- 2 large eggs, beaten well**
- 1 tablespoon (15 ml) buttermilk**
- ½ cup (125 ml) panko breadcrumbs**
- 1½ teaspoons (7.5 ml) seafood seasoning**
- 1 large, Vidalia (or sweet) onion, peeled**
Nonstick cooking spray
Olive oil, for spraying

1. Put the flour into a bowl large enough to dip the onion. Put the eggs and buttermilk into another bowl, and the panko and seafood seasoning into a third bowl. Reserve.
2. Trim the top of the onion to create a flat surface. Leave the root end intact. Turn the onion over, so the root end faces up, and rest it on its flat surface.
3. Without piercing the root, cut the onion into 4 wedges. Also without piercing the root, cut each wedge in half; repeat until wedges are about ¼-inch (0.6 cm) thick.
4. Turn the cut onion over and carefully, without breaking the pieces off the root, separate the layers; the separated onion will resemble a flower with petals.
5. Dredge the onion in the flour, and shake off the excess before dipping into the egg mixture, and then finally coating each layer evenly with the panko mixture.
6. Place the AirFryer Basket onto the Baking Pan. Spray the basket with the nonstick cooking spray. Put the panko-crusted onion into the basket. Spray liberally with oil. Set to AirFry at 400°F (200°C) for

10 minutes, or until golden and crispy. Serve with the Chipotle Mayonnaise on page 27 or the Herbed Yogurt Dip on page 18.

Nutritional information per serving (based on 3 servings):

*Calories 177 (24% from fat) • carb. 26g • pro. 8g • fat 5g • sat. fat 1g • chol. 144mg
sod. 542mg • calc. 28mg • fiber 1g*

Chicken Wings, Two Ways

For a healthier option than deep-frying, AirFry chicken wings. Here, we give you two versions, plain and beer-battered for extra crispiness. Both can be enjoyed right out of the AirFryer Toaster Oven, or tossed in your favourite sauce.

Makes about 20 wing sections

Nonstick cooking spray

Beer-Battered Chicken Wings:

- 2 pounds (907 g) chicken wings, tips removed, drumettes and flats separated**
- ½ cup (118 ml) unbleached, all-purpose flour**
- ½ cup (125 ml) light beer**
- ¾ teaspoon (3.75 ml) kosher salt**

Plain Chicken Wings:

- 2 pounds (907 g) chicken wings, tips removed, drumettes and flats separated**
- ¾ teaspoon (3.75 ml) kosher salt**

1. Place the AirFryer Basket onto the Baking Pan. Spray the basket with the nonstick cooking spray. Reserve.
2. If beer battering the wings: In a large bowl combine the flour and beer. Sprinkle wings with salt and put them into the bowl with the batter. Coat wings in the batter and transfer to the basket.
3. If not beer-battering wings: Put the chicken wings into the basket. Sprinkle with salt.
4. Put the assembled pan into rack Position 2. Set to AirFry at 400°F (200°C) for 20 minutes. Cook until golden and crispy.

5. When chicken wings are done, toss immediately in sauce or add the toppings of your choice, such as butter, garlic, fresh herbs or spices.

Nutritional information per wing section (plain):

*Calories 94 (39% from fat) • carb. 0g • pro. 14g • fat 4g • sat. fat 1g • chol. 39mg
sod. 127mg • calc. 7mg • fiber 0g*

Nutritional information per wing section (beer-battered):

*Calories 106 (36% from fat) • carb. 1g • pro. 14g • fat 4g • sat. fat 1g • chol. 39mg
sod. 127mg • calc. 7mg • fiber 0g*

Buffalo Sauce for Chicken Wings

A classic sauce for wings, made with coconut oil instead of butter.

Makes about ⅓ cup (75 ml) sauce, enough to coat 20 wings

- ¼ cup (60 ml) hot sauce**
- 1 tablespoon (15 ml) coconut oil**

1. Put the hot sauce and coconut oil into a large bowl. Combine.
2. When chicken wings are ready, transfer wings to the large bowl and toss evenly. Serve immediately.

*Nutritional information per serving of Buffalo Sauce
[about 1 teaspoon (5 ml), enough to cover 1 wing]:*

*Calories 6 (100% from fat) • carb. 0g • pro. 0g • fat 1g • sat. fat 1g • chol. 0mg
sod. 28mg • calc. 0mg • fiber 0g*

Sesame Ginger Sauce for Chicken Wings

Add chili flakes to this sauce for a spicy kick.

Makes about ⅓ cup (75 ml) sauce, enough to coat 20 wings

- ¼ cup (60 ml) sesame oil**
- 2 tablespoons (30 ml) soy sauce**
- 2 tablespoons (30 ml) honey**

- 1 2-inch (5 cm) piece ginger, peeled and grated**
- 2 garlic cloves, grated**
- ¼ cup (60 ml) toasted sesame seeds**
- 6 green onions, thinly sliced**

1. Put the sesame oil, soy sauce, honey, grated ginger and garlic into a large bowl. Whisk together. Add the sesame seeds.
2. When chicken wings are ready, transfer them to the large bowl and toss evenly. Sprinkle with the sliced green onions. Serve immediately.

Nutritional information per serving of Sesame Ginger Sauce

[about 1 teaspoon (5 ml), enough to cover 1 wing]:

*Calories 39 (78% from fat) • carb. 2g • pro. 0g • fat 3g • sat. fat 0g • chol. 0mg
sod. 68mg • calc. 4mg • fiber 0g*

Crab Cakes

With chunks of lump crabmeat, these crab cakes are sure to impress.

Makes about 16 crab cakes

- 16 ounces (453 g) lump crab meat**
- 1 teaspoon (5 ml) extra virgin olive oil**
- 1 medium red bell pepper, finely chopped**
- 1 jalapeño, seeded and finely chopped**
- 3 green onions, sliced**
- 1 garlic clove, finely chopped**
- ¼ teaspoon (1 ml) kosher salt**
- 2 large eggs, lightly beaten**
- 1 cup (250 ml) panko breadcrumbs, plus about ½ cup (125 ml) extra for dredging**
- ½ cup (125 ml) prepared mayonnaise**
- 1 teaspoon (5 ml) Worcestershire sauce**
- 1 teaspoon (5 ml) Dijon mustard**
- 1½ teaspoons (7.5 ml) seafood seasoning**
- Hot sauce (optional)**

Olive oil, for spraying

Lemon wedges, for serving

1. Pick through crabmeat to make sure there are no shells; reserve in refrigerator.
2. Put a large skillet over medium heat and add the olive oil. Once the pan is hot and the olive oil shimmers across the pan, add the peppers, green onions and garlic. Sweat for at least 5 minutes, until the vegetables soften slightly; stir in the salt.
3. Remove the vegetables from the heat and allow them to cool for a few minutes. Once cool, add the vegetables to the crabmeat. Add the eggs, panko, mayonnaise, Worcestershire, Dijon and seafood seasoning and a dash or two of hot sauce if desired.
4. Gently mix all ingredients together. The best way to mix the crab mixture is with clean hands; however, you can also mix with a spoon. Mix carefully to keep the crabmeat intact.
5. Using a ¼ cup (60 ml) dry measuring cup, form the mixture into cakes and place them on a clean plate, separating the layers of cakes with wax paper if necessary. Cover with plastic wrap and refrigerate for 1 hour before cooking.
6. Dredge the crab cakes in remaining panko crumbs. Place the AirFryer Basket onto the Baking Pan. Put the cakes into the basket and spray liberally with olive oil.
7. Put the assembled pan into rack Position 2. Set the oven to AirFry at 400°F for 10 minutes. Cook until evenly browned. Serve immediately, with lemon wedges on the side.

Nutritional information per crab cake:

*Calories 220 (41% from fat) • carb. 17g • pro. 15g • fat 10g • sat. fat 2g • chol. 90mg
sod. 500mg • calc. 106mg • fiber 1g*

Crispy Chickpeas

Quickly transform a plain can of chickpeas into a crispy snack. Thanks to the AirFry function of the Cuisinart® AirFryer Toaster Oven you will have a great new appetizer for guests.

- 1 can (15.5 ounces [439 g]) chickpeas, drained and blotted dry, about 1½ cups (375 ml)**
 - Olive oil, for spraying**
 - ¼ teaspoon (1 ml) kosher salt**
 - ¼ teaspoon (1 ml) ground cumin**
 - Pinch freshly ground black pepper**

1. Place the AirFryer Basket onto the Baking Pan. Put the chickpeas into the basket and spray liberally with oil. Sprinkle with the salt, pepper and cumin.
2. Put the assembled pan into rack Position 2. Set oven to AirFry at 350°F (180°C) for 15 minutes cook or until chickpeas are fragrant and lightly browned. Serve immediately.

Nutritional information per serving [¼ cup (60 ml)]:

Calories 75 (13% from fat) • carb. 14g • pro. 3g • fat 1g • sat. fat 0g • chol. 0mg sod. 275mg • calc. 20mg • fiber 3g

Fried Pickles

Serve these as an appetizer with the Chipotle Mayonnaise on page 27.

Makes 5 to 6 servings

- ½ cup (125 ml) unbleached, all-purpose flour**
- 2 large eggs, beaten well**
- ½ cup (125 ml) finely ground cornmeal**
- 1 teaspoon (5 ml) kosher salt**
- ½ teaspoon (2.5 ml) cayenne pepper**
- Nonstick cooking spray**
- 6 kosher dill pickles (about 10 ounces [283 g]), cut into ¼-inch (0.6 cm) discs**

Olive oil, for spraying

1. Put the flour into a gallon-size bag that seals. Put the beaten egg into a container large enough to dip the pickles. Put the cornmeal, salt and cayenne pepper into another gallon-size bag that seals, separate from the flour. Reserve.
2. Place the AirFryer Basket onto the Baking Pan. Spray the basket with the nonstick cooking spray. Reserve.
3. Blot the cut pickles on a paper towel. Put the pickles into the bag with the flour. Seal and shake to evenly coat each pickle slice. Remove coated pickles from the bag, shaking off the excess flour. Dip each pickle slice into the beaten egg to evenly coat. Transfer to the bag with the cornmeal mixture. Seal bag and shake to evenly coat each pickle slice. Remove from the bag, shake off the excess and transfer to the assembled basket in a single layer. Spray both sides of each pickle slice liberally with oil.
4. Put the assembled pan into rack Position 2. Set to AirFry at 400°F (200°C) for 8 minutes. Cook until browned and crispy. Let cool slightly. Serve with the Chipotle Mayonnaise on page 27, if desired.

Nutritional information per serving (based on 6 servings):

Calories 109 (22% from fat) carb. 17g • pro. 4g • fat 3g • sat. fat 1g • chol. 72mg sod. 955mg • calc. 7mg • fiber 2g

Italian Rice Balls

For the perfect appetizer, serve these rice balls alongside prepared marinara sauce.

Makes 8 rice balls

- 1 cup (250 ml) medium-grain white rice**
- 2 cups (500 ml) water**
- ¼ teaspoon (1 ml) kosher salt**
- 1 large egg, beaten well**
- 3 tablespoons (45 ml) grated Pecorino Romano cheese**
- ¼ cup (60 ml) ricotta cheese**

- ¼ cup (60 ml) basil leaves, thinly sliced
- ¼ teaspoon (1 ml) freshly ground black pepper
- 1 ounce (28 g) mozzarella cheese, cut into 1-inch x ¼-inch (2.5 cm x 0.6 cm) pieces
- ¼ cup (60 ml) Italian-style breadcrumbs
- Olive oil, for spraying
- 1 cup (250 ml) prepared marinara sauce*, for dipping, optional

1. Put the rice, water and salt into a medium saucepan. Bring to a boil, stirring occasionally. Once rice comes to a boil, cover and reduce heat to a simmer until all the water has been absorbed and the rice is tender, about 10 minutes. Cool fully before adding the following egg and cheese mixture; cooling the rice will help prevent the egg from cooking.
2. In a small bowl, combine the egg, Pecorino, ricotta, basil and pepper. While mixing and fluffing the rice with a spoon, mix in the egg and cheese mixture. Spread the rice onto a parchment paper-lined baking sheet. Refrigerate to chill, at least 30 minutes.
3. Once the rice has chilled, use slightly wet hands to scoop 3 tablespoons (45 ml) of rice and form into a ball. Repeat with remaining rice. Stuff each ball with one piece of the mozzarella and re-form if necessary.
4. Place the AirFryer Basket onto the Baking Pan. Put the bread-crumbs into a small bowl. Gently toss each rice ball into the bread-crumbs and transfer to the basket. Spray all sides liberally with oil.
5. Put the assembled pan into rack Position 2. Set to AirFry at 350°F (180°C) for 20 minutes. Cook rice balls until evenly golden. Serve immediately, with marinara sauce* on the side if desired.

- * Reduce the red pepper flakes in the Diablo Sauce recipe on page 16 to about ¼ teaspoon (1 ml) for a delicious marinara sauce.

Nutritional information per rice ball:

Calories 149 (24% from fat) • carb. 22g • pro. 5g • fat 4g • sat. fat 2g • chol. 35mg
sod. 195mg • calc. 45mg • fiber 0g

Kale Chips

Kale chips make a light snack on their own, but they can also be crumbled and used as a salad topper.

Makes 4 servings

- 4 stems curly kale, tough stems removed
- Olive oil, for spraying
- ¼ teaspoon (1 ml) kosher salt

1. Place the AirFryer Basket onto the Baking Pan. Put the kale leaves into the basket and spray liberally with oil. Put the assembled pan into rack Position 2.
2. Set to AirFry at 350°F (180°C) for 5 minutes. Cook until kale is bright and crispy. NOTE: Keep an eye on the kale because it can crisp up very quickly.
3. Once the kale is ready, remove from oven and sprinkle with salt. Serve immediately.

Nutritional information per serving:

Calories 39 (27% from fat) • carb. 7g • pro. 2g • fat 1g • sat. fat 0g
chol. 0mg • sod. 171mg • calc. 58mg • fiber 1g

Nachos with Shredded Chicken and Homemade Tortilla Chips

Store-bought tortilla chips can be used in place of the homemade chips in this recipe for a quicker option.

Makes 6 to 8 servings

- 8 whole-wheat tortillas, quartered
- ½ teaspoon (2.5 ml) kosher salt, divided
- 1 pound (454 g) chicken thighs, shredded
(see recipe on page 23)

- 1 can (15.5 ounces [439 g]) black beans, drained and rinsed
- 2 plum tomatoes, chopped
- 1 can (7.25 ounces [205 g]) pitted black olives, chopped
- 2 jalapeños, thinly sliced
- 4 ounces (113 g) Monterey Jack cheese, shredded
- 2 green onions, thinly sliced
- Salsa, for serving

1. Place the AirFryer Basket onto the Baking Pan. Put ½ of the cut tortillas in the basket. Spray tortillas evenly with oil. Sprinkle with ¼ teaspoon (1 ml) salt. Toss.
2. Put the assembled pan into the oven in rack Position 2. Set to AirFry at 400°F (200°C) for 4 to 5 minutes, or until tortillas are crispy and browned on the edges. Remove and transfer to a bowl or plate to reserve. Repeat with remaining tortillas.
3. When all of the tortillas are ready, remove the AirFryer Basket from the Baking Pan. Line the bottom of the pan with aluminum foil. Put half of the tortilla chips onto the foil. Spread into a single layer. Top with half of the remaining ingredients, in the order listed, except for the green onions. Top with the remaining tortilla chips and remaining ingredients.
4. Put the pan with the nachos into rack Position 2. Set to Broil for 5 minutes until cheese is melted.
5. Remove from the oven and garnish with the sliced green onions. Serve immediately with salsa.

Nutritional information per serving (based on 8 servings):

*Calories 465 (49% from fat) • carb. 37g • pro. 26g • fat 26g • sat. fat 7g • chol. 65mg
sod. 1283mg • calc. 150mg • fiber 8g*

Pork and Ginger Wontons

Ginger is the star in this dumpling. A fun hors-d'oeuvre served with some soy dipping sauce.

Makes 48 dumplings

- ¾ pound (340 g) ground pork
- 1 3-inch (7.5 cm) piece ginger, peeled and chopped
- 1 large green onion, chopped
- 1 tablespoon (15 ml) fresh cilantro leaves, chopped
- 1 tablespoon (15 ml) soy sauce, reduced sodium
- 2 teaspoons (10 ml) sesame oil
- ½ teaspoon (2.5 ml) rice vinegar
- Water and cornstarch, for assembling dumplings
- 48 wonton wrappers
- Vegetable oil, for spraying

1. In a medium mixing bowl, combine the pork, ginger, green onion, cilantro, soy sauce, sesame oil and vinegar. Mix well with hands or a spoon.
2. Prepare a large, clean and flat work surface equipped with two small bowls, one with water and the other with cornstarch, plus a pastry brush. Sprinkle the work surface with cornstarch and arrange wonton wrappers in rows on the work surface (starting with two rows of 3).
3. Put 1 teaspoon (5 ml) of filling in the center of each wrapper. Brush the edges of each wrapper with water and then fold the wrapper in half to make a triangle, sealing in the filling and also sealing together the damp edges.
4. Pull the edges on the long side of the triangle together and seal. Continue with remaining filling and wrappers. Toss the wontons very lightly with cornstarch once they are prepared.
5. Place the AirFryer Basket onto the Baking Pan and lightly spray. Put one half of the wontons into the basket and spray liberally with oil. Put the assembled pan into rack Position 2. Set to AirFry at 375°F (190°C) for 10 minutes and cook until wontons are evenly browned. Remove and repeat with the second batch of wontons.
6. Serve wontons with a soy dipping sauce.

Nutritional information per serving (3 wontons):

*Calories 141 (35% from fat) • carb. 14g • pro. 8g • fat 6g • sat. fat 2g • chol. 33mg
sod. 189mg • calc. 17mg • fiber 0g*

Potato Wedges with Crumbled Bacon and Blue Cheese

Top these with a fried egg for the ultimate breakfast.

Makes 3 to 4 servings

- 5 slices bacon**
- 1 pound (454 g) russet potatoes, scrubbed**
- Olive oil, for spraying**
- ½ teaspoon (2.5 ml) kosher salt**
- 3 tablespoons (45 ml) crumbled blue cheese**

1. Place the AirFryer Basket onto the Baking Pan. Put bacon slices into the basket. Put the assembled pan into rack Position 2. Set to AirFry at 400°F (200°C) for 10 minutes. Cook until bacon is browned and crispy. Reserve.
2. While bacon is air-frying, slice potatoes into eighths. When bacon is ready, transfer to a serving plate.
3. Put potato wedges into the basket. Spray liberally and evenly with oil. Sprinkle with salt and toss. Spread into a single layer.
4. Put the assembled pan into rack Position 2. Set to AirFry at 400°F (200°C) for 15 minutes, and cook until potatoes are golden and crispy. While potatoes are air-frying, crumble bacon.
5. Once potatoes are done, sprinkle with bacon and crumbled blue cheese. Bake at 400°F (200°C) for 2 minutes, or until cheese is slightly melted. Serve immediately.

Nutritional information per serving (based on 4 servings):

*Calories 208 (45% from fat) • carb. 20g • pro. 9g • fat 1g • sat. fat 4g • chol. 23mg
sod. 764mg • calc. 42mg • fiber 1g*

Shrimp Diablo

Adjust the spice in the sauce to taste by adjusting the amount of crushed red pepper. Remember to start with less than you think—you can always add more!

Makes 4 to 5 first-course servings

- ¼ cup (60 ml) extra virgin olive oil**
- 2 garlic cloves, smashed**
- 1½ to 2 teaspoons (7.5 to 10 ml) crushed red pepper**
- 1 can (28 ounces [794 g]) whole plum tomatoes, roughly chopped**
- 2¼ teaspoons (11 ml) kosher salt, divided**
- 1 pound (454 g) large shrimp (about 16), peeled, cleaned and rinsed**
- ¼ cup (60 ml) white rice flour**
- Olive oil for spraying**
- Crusty bread, for dipping**

1. Put the olive oil, garlic and red pepper into a medium saucepan over medium-low heat. Gently simmer until fragrant, about 5 to 10 minutes. Be careful not to have the heat too high or the garlic will burn.
2. Add the tomatoes and increase the heat so the mixture comes to a rolling simmer. Simmer until sauce is reduced by half, about 30 minutes. Once reduced, stir in ¾ teaspoon (3.75 ml) of the salt. There should be about 2½ cups (625 ml) of sauce.
3. Once the sauce is ready, dry the cleaned shrimp really well. Sprinkle evenly with the remaining salt. Lightly coat the shrimp with rice flour.
4. Place the AirFryer Basket onto the Baking Pan. Put the floured shrimp into the basket and spray liberally with olive oil. Put the assembled pan into rack Position 2. Set oven to AirFry at 375°F (190°C) for 10 minutes. Cook until shrimp are evenly golden and crispy.

-
5. Serve shrimp with some crusty bread and the warm sauce for dipping.

Nutritional information per serving (based on 5 servings):
Calories 283 (57% from fat) • carb. 14g • pro. 14g • fat 20g • sat. fat 3g
chol. 114mg • sod. 897mg • calc. 100mg • fiber 2g

Spinach, Gruyère and Artichoke Dip

A bit of a twist on the standard spinach artichoke dip, for the more grown-up palate. The combination of Gruyère and Parmesan gives the dip a pleasant nuttiness. No special pan required – we found that using a pie plate was the best and quickest way to warm this dish.

Makes about 2 cups (500 ml)

- Olive oil or nonstick cooking spray**
- 12 ounces (340 g) cream cheese, room temperature and cut into 1-inch (2.5 cm) pieces (regular or reduced-fat style, such as Neufchâtel, may be used)**
- 2 ounces (57 g) Gruyère cheese, finely grated**
- 1 ounce (28 g) Parmesan cheese, finely grated**
- 1 garlic clove, finely chopped**
- ½ small shallot, finely chopped**
- 8 ounces (227 g) frozen spinach, thawed and drained well**
- 1 can (15 ounces [425 g]) quartered artichoke hearts, drained**
- 2 tablespoons (30 ml) heavy cream**
- ½ teaspoon (2.5 ml) crushed red pepper**

1. Fit the oven with the rack in Position 1. Lightly coat a 9-inch (23 cm) pie or cake pan with olive oil or nonstick cooking spray; reserve.
2. Put the cream cheese into a mixing bowl. Using a hand mixer, mix until softened. Add remaining ingredients and mix on Low to fully combine.
3. Transfer mixture to the prepared pie/cake pan and transfer to the oven. Set to Bake at 350°F (180°C) for 20 minutes, and then switch to Broil for an additional 5 minutes, or until top is nicely browned.

4. Serve immediately with pita chips, crusty bread and crisp vegetables.

Nutritional information per serving (2 tablespoons [30 ml]):
Calories 99 (61% from fat) • carb. 5g • sugars 1g • pro. 5g • fat 7g • sat. fat 4g
chol. 23mg • sod. 169mg • calc. 93mg • fiber 3g

Spring Rolls with Sweet Chile Dipping Sauce

Make a favourite takeout dish at home without deep-frying – these appetizers are packed with fresh ingredients and great flavour.

Makes 1¼ cups (300 ml) dipping sauce and 28 spring rolls

Sweet Chile Dipping Sauce:

- 1 to 1½ red chiles, such as Fresno, cut into 1-inch (2.5 cm) slices**
- 1 garlic clove, smashed**
- 1 tablespoon (15 ml) unsweetened rice wine vinegar**
- 1 cup (250 ml) water**
- ⅓ cup (75 ml) granulated sugar**
- 1 tablespoon (15 ml) plus 1 teaspoon (5 ml) cornstarch, dissolved in**
- 1 tablespoon (15 ml) water**
- ¼ teaspoon (1 ml) kosher salt**

Spring Rolls:

- 6 green cabbage leaves (about 10 ounces [283 g]), shredded or thinly sliced**
- 3 medium carrots (about 6 ounces [170 g]), julienned**
- 1 1-inch (2.5 cm) piece fresh ginger, peeled and julienned**
- 3 green onions, thinly sliced**
- ½ small green chile, like jalapeño or serrano, finely chopped**
- ⅓ cup (75 ml) fresh basil leaves, thinly sliced**
- ½ cup (125 ml) fresh cilantro leaves, chopped**
- 2 tablespoons (30 ml) vegetable oil**
- 1 tablespoon (15 ml) fish sauce**
- ½ lime, juiced**
- ½ teaspoon (2.5 ml) kosher salt**

1/2 block extra-firm tofu, cut into 28 thick julienne strips
28 egg roll wrappers

1. Prepare the Sweet Chile Dipping Sauce: Put chile slices and garlic into a small, heavy-bottomed pot. Heat on medium-high heat until hot and fragrant. Remove from heat and add the vinegar. Return pot to heat and cook until vinegar is mostly reduced.
2. Add water and sugar; stir. Bring mixture to a boil and cook until sugar is dissolved. Add the cornstarch mixture to the pot and stir. Boil while stirring, to thicken, at least 1 minute.
3. Remove pot from heat, add the salt and, with a hand blender or blender, blend on High until chile slices and garlic are puréed and mixture is homogenous. Enjoy hot, or allow to cool to room temperature. NOTE: Dip will become thicker and more gelatinous as it cools.
4. Make the Spring Rolls: Put all of the filling ingredients, except the tofu, into a mixing bowl. Combine and reserve. Put AirFryer Basket onto the Baking Pan. Reserve.
5. Place one piece tofu in the center of one wrapper, and top with about 1 tablespoon (15 ml) of filling. Fold the bottom of the wrapper upward, over the filling. Fold the right side over and then the left, and roll up to secure the spring roll. Brush the edge with water to seal. Transfer to assembled basket. Reserve and repeat with remaining wrappers. Spray both sides of the spring roll liberally with oil.
6. Put the assembled Baking Pan into rack Position 2. Set to AirFry at 400°F (200°C) for 10 minutes. Cook until golden brown on all sides. Flip halfway through cooking if necessary.
7. Serve immediately with the Sweet Chile Dipping Sauce.

Nutritional information per serving of Sweet Chile Dipping Sauce (1 tablespoon [15 ml]):
Calories 14 (1% from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg
sod. 29mg • calc. 1mg • fiber 0g

Nutritional information per Spring Roll:

Calories 53 (34% from fat) • carb. 7g • pro. 2g • fat 2g • sat. fat 0g • chol. 1mg
sod. 152mg • calc. 22mg • fiber 1g

Veggie Sticks with Herbed Yogurt Dip

The vegetables in this recipe can be substituted with any of your favourites.

Makes 4 to 6 servings

Herbed Yogurt Dip:

- 1 garlic clove
- 1 tablespoon (15 ml) fresh mint leaves
- 7 ounces (198 g) plain, non-fat Greek yogurt
- 1 teaspoon (5 ml) fresh lemon juice
- 1/4 teaspoon (1 ml) kosher salt, divided

Veggie Sticks:

- 1/2 cup (125 ml) unbleached, all-purpose flour
- 3 large eggs, beaten well
- 1 1/2 cups (375 ml) panko breadcrumbs
- 2 tablespoons (30 ml) grated Pecorino Romano cheese
- 1 teaspoon (5 ml) dried oregano
- 1 teaspoon (5 ml) dried parsley
- 1/2 teaspoon (2.5 ml) kosher salt
- 1 medium zucchini (about 6 ounces [170 g]), cut into 1/4-inch (0.6 cm) thick pieces, about 3 inches (7.5 cm) long
- 10 string beans (about 2 ounces [57 g]), trimmed
- 1 avocado, pitted and cut into 8 slices
- Olive oil, for spraying
- Lemon, for serving, optional

1. Prepare Herbed Yogurt Dip: Put garlic and mint into the work bowl of a mini food processor. Pulse until roughly chopped. Scrape down sides; add yogurt, lemon juice and salt. Process on High until completely puréed and homogenous. Transfer to a serving bowl, cover, and refrigerate until ready to use.

2. Make Veggie Sticks: Place the AirFryer Basket onto the Baking Pan. Reserve. Put the flour and eggs into 2 separate, individual containers large enough to dip the vegetables into. Combine the panko, cheese, spices and salt into another container, also large enough to dip the vegetables into.
3. Dredge each of the vegetables in the flour, and shake off the excess before dipping into the eggs and then finally coating evenly with the panko mixture. Once half are coated, transfer to the assembled pan in a single layer. Spray both sides liberally with oil.
4. Place the assembled pan into rack Position 2. Set to AirFry at 375°F (190°C) for 10 minutes. Cook until golden. While the first batch is cooking, coat the remaining vegetables. Reserve until ready to AirFry. When veggies sticks are ready, transfer to a serving plate. Taste and adjust seasoning with more salt or a squeeze of lemon, if desired. Serve immediately with the reserved Herbed Yogurt Dip.

Nutritional information per serving of Herbed Yogurt Dip (based on 1 tablespoon [15 ml]):
 Calories 8 (1% from fat) • carb. 1g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg
 sod. 48mg • calc. 20mg • fiber 0g

Nutritional information per serving of Veggie Sticks (based on 6 servings):
 Calories 210 (37% from fat) • carb. 25g • pro. 8g • fat 9g • sat. fat 2g • chol. 95mg
 sod. 282mg • calc. 42mg • fiber 5g

MAIN COURSES

The Cuisinart® AirFryer Toaster Oven, not only airFries, but it also bakes and broils—with convection if you'd like—to put a full meal on your table in record time!

Chicken Tenders

Kids of all ages will love this homemade version of the frozen standby.

Makes about 6 servings

- 1** cup (250 ml) unbleached, all-purpose flour
- 2** large eggs, lightly beaten
- 1** cup (250 ml) panko breadcrumbs

- 1 to 1½ pounds (454 g to 680 g) thinly sliced chicken breast**
- ¾ teaspoon (3.75 ml) kosher salt**
- ¾ teaspoon (3.75 ml) freshly ground black pepper**
- Olive oil, for spraying**

1. Put the flour, eggs and panko into individual containers large enough for dipping the chicken.
2. Sprinkle the chicken with the salt and pepper completely, on both sides. Dredge each cutlet in flour and shake off the excess before dipping into egg, and then finally coating evenly with the panko breadcrumbs.
3. Place the AirFryer Basket onto the Baking Pan. Put the prepared cutlets in the basket and spray both sides liberally with olive oil. Put the assembled pan into rack Position 2. Set oven to AirFry at 400°F (200°C) for 15 minutes. Cook until chicken is evenly browned on both sides (flipping halfway through) and the internal temperature registers 165°F (73°C).
4. Serve immediately.

Nutritional information per serving (based on 6 servings)
 Calories 204 (30% from fat) • carb. 15g • pro. 20g • fat 7g • sat. fat 1g • chol. 110mg
 sod. 393mg • calc. 14mg • fiber 1g

Classic Roast Chicken

Simple spices go a long way in this roast chicken recipe.

Makes 4 to 6 servings

- 1** Whole chicken (4 pounds [1.8 kg])
- 1** teaspoon (5 ml) kosher salt
- ½** teaspoon (2.5 ml) freshly ground black pepper
- 1** lemon, halved
- 1** teaspoon (5 ml) extra virgin olive oil
- 2** teaspoons (10 ml) herbes de Provence or other dried herbs like rosemary and thyme
- 3** garlic cloves, smashed

1. Line the Baking Pan with aluminum foil.
2. Pat the chicken dry and sprinkle with salt, pepper and lemon juice. Put the lemon half into the chicken's cavity. Put the chicken on the prepared baking tray and drizzle with olive oil. Rub with herbs and garlic cloves. Put the garlic cloves into the chicken's cavity with the lemon. Truss if desired.
3. Put the Baking Pan with the chicken into rack Position 1. Set the oven to Convection Bake at 400°F (200°C) for 30 minutes. When timer expires, reduce temperature to 350°F (180°C) and bake for an additional 30 minutes, or until golden and crispy and chicken thighs register 165°F on an instant-read thermometer.
4. Let chicken rest for 10 minutes; carve and serve.

Nutritional Information per serving (based on 6 servings):

*Calories 707 (56% from fat) • carb. 4g • pro. 73g • fat 43g • sat. fat 12g • chol. 230mg
sod. 578mg • calc. 61mg • fiber 1g*

Fish Tacos with Peach Salsa

Using just a few spritzes of olive oil, the AirFry feature takes the guilt out of eating fried fish.

Makes 8 tacos

Peach Salsa:

- 2 large tomatoes, diced**
- 1 medium peach, diced**
- ½ small red onion, diced**
- ½ jalapeño, seeded and finely chopped**
- 1 small garlic clove, finely chopped**
- ⅓ cup (75 ml) cilantro, roughly chopped**
- ¾ teaspoon (3.75 ml) kosher salt**
- ¼ teaspoon (1 ml) granulated sugar**
- ¼ cup (60 ml) extra virgin olive oil**
- ½ lime, juiced**

Fish Tacos:

- 16 corn tortillas**
- 1 cup (250 ml) unbleached, all-purpose flour**
- 1 teaspoon (5 ml) kosher salt, plus more for serving if desired, divided**
- 2 large eggs, beaten well**
- 1 pound (454 g) cod, cut into 1-ounce (28 g) pieces**
- Olive oil, for spraying**
- Nonstick cooking spray**
- 8 radishes, cut into matchsticks**
- Lime wedges, for garnish**

1. Combine all of the salsa ingredients into a small bowl. Stir, and reserve until ready to serve.
2. Place the AirFryer Basket onto the Baking Pan. Put 8 of the tortillas into the basket. Put the assembled pan into rack Position 2. Set to AirFry at 400°F (200°C) for 5 minutes, or until tortillas are warmed through. Transfer warmed tortillas to a serving plate and cover with aluminum foil. Repeat with remaining tortillas.
3. While tortillas are warming, put the flour with ½ teaspoon (2.5 ml) of salt, and eggs into individual containers large enough to dip the fish pieces. Evenly sprinkle the cod pieces with the remaining salt.
4. Dredge each piece of fish in flour and shake off the excess before dipping into eggs, and then finally coating evenly with flour again.
5. Liberally coat the AirFry basket with nonstick cooking spray. Put the floured fish into the assembled basket. Spray each piece of cod liberally with oil on both the tops and bottoms. Put the assembled pan into rack Position 2. Set to AirFry at 400°F (200°C) for 10 minutes. Cook until cod is golden and crispy on all sides.
6. When cod is ready, transfer one piece of fish to one tortilla. Top with a spoonful of salsa and radishes. Repeat with remaining tacos.
7. Serve immediately with lime wedges and an extra pinch of salt if desired.

Nutritional information per taco:
Calories 128 (19% from fat) • carb. 18g • pro. 8g • fat 3g • sat. fat 1g • chol. 35mg
sod. 285mg • calc. 33mg • fiber 2g

Maple-Pecan BLT

This BLT is slightly sweeter than the bacon, lettuce and tomato sandwiches you're used to.

Makes 2 sandwiches

- 4 slices soft white bread**
- 3 slices bacon, halved**
- ½ medium avocado**
- Pinch kosher salt**
- 4 green leafy lettuce leaves**
- 1 medium tomato, sliced**
- 1 tablespoon (15 ml) pure maple syrup**
- 2 tablespoons (30 ml) finely chopped pecans**

1. Toast bread according to shade preference. Reserve. While bread is toasting, place the AirFryer Basket onto the Baking Pan. Put bacon slices into the basket. Once toast is finished, put the assembled pan into rack Position 2. Set to AirFry at 400°F (200°C) for 10 minutes. Cook bacon until browned and crispy.
2. While bacon is AirFrying, start assembling sandwiches by mashing half of the avocado onto 2 of the toast slices. Sprinkle each with a pinch of salt. Put 2 pieces of lettuce and several slices of tomato onto the remaining 2 slices of toast.
3. When bacon is finished, remove assembled pan and transfer to a flat surface. Brush the tops of the bacon with maple syrup, then sprinkle with chopped pecans. Flip and repeat on other side.
4. Put the assembled pan, with the pecan-crusting bacon, back into rack Position 2. AirFry at 400°F (200°C) for an additional 2 to 3 minutes, or until pecans are golden.

5. When bacon is done, divide between the toast slices with the tomato and lettuce. Top the bacon with one of the avocado toast slices to form a sandwich.

Nutritional information per sandwich:
Calories 377 (46% from fat) • carb. 41g • pro. 12g • fat 20g • sat. fat 4g • chol. 23mg
sod. 885mg • calc. 323mg • fiber 3g

Meatball Grinder

A crowd-pleasing meal with simple ingredients and minimal effort.

Makes 4 servings

Meatballs:

- 1 pound (454 g) ground beef**
- ¾ teaspoon (3.75 ml) kosher salt**
- ½ teaspoon (2.5 ml) freshly ground black pepper**
- ½ teaspoon (2.5 ml) garlic powder**

Meatball Grinders:

- 4 mini grinder rolls (about 5 inches [12.5 cm] long)**
 - ½ cup (125 ml) prepared marinara sauce*, plus extra for serving**
 - 6 ounces (170 g) fresh mozzarella, thinly sliced**
1. Make the Meatballs: Mix meat together well with spices and then form into 8 equal balls.
 2. Place on the Baking Pan and into rack Position 2. Set oven to Convection Bake at 400°F (200°C) for 20 to 25 minutes. Cook until meatballs are evenly browned on all sides.
 3. Make the Meatball Grinders: Split rolls in half lengthwise and cut all meatballs in half. Place 4 meatball halves on the bottom part of the roll. Coat the meatballs with 2 tablespoons (30 ml) of marinara sauce and then place mozzarella slices on top of the meat, as well on the top half of the grinder roll.

- Place open sandwich halves on clean Baking Pan into rack Position 2. Set oven to Broil for about 8 to 10 minutes, cooking until cheese is melted.

- Assemble sandwiches, slice in half and serve.

*Reduce the red pepper flakes in the Diablo Sauce recipe on page 16 to about ¼ teaspoon (1 ml) for a delicious marinara sauce.

Nutritional information per sandwich:

*Calories 435 (55% from fat) • carb. 17g • pro. 33g • fat 27g • sat. fat 12g • chol. 106mg
sod. 713mg • calc. 70mg • fiber 1g*

Pan-Roasted Salmon Dinner

This one-sheet dinner takes barely any time to prepare and cook.

Makes 2 servings

- ½ pound (227 g) wild salmon**
- 1 cup (250 ml) cherry tomatoes**
- ½ bunch asparagus, trimmed**
- ½ cup (125 ml) Kalamata olives, pitted and roughly chopped**
- 1 garlic clove, sliced**
- 1 to 2 tablespoons (15 to 30 ml) extra virgin olive oil**
- ½ teaspoon (2.5 ml) kosher salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**

- Line Baking Pan with aluminum foil. Put salmon, tomatoes, asparagus, olives and garlic onto the Baking Pan. Drizzle with olive oil and sprinkle with salt and pepper.
- Put the Baking Pan with the salmon into rack Position 2. Set to Convection Broil for 15 minutes and cook until salmon is opaque and vegetables are browned. For medium-cooked salmon, check at 10 minutes; salmon should reach an internal temperature of 125°F (51°C).

Nutritional information per serving (based on 2 servings):

*Calories 353 (56% from fat) • carb. 8g • pro. 31g • fat 22g • sat. fat 2g • chol. 81mg
sod. 891mg • calc. 47mg • fiber 3g*

Pizza with Arugula, Prosciutto and Fig Jam

Gourmet pizza that anyone can make.

Makes 1 pizza, 8 slices

Nonstick cooking spray

- 1 pound (454 g) pizza dough, room temperature**
- ¼ cup (60 ml) fig jam**
- ¼ pound (125 g) prosciutto, thinly sliced**
- 1 ounce (28 g) semi-soft goat cheese**
- 1 tablespoon (15 ml) extra virgin olive oil**
- 1 cup (250 ml) baby arugula**

- Generously coat the Baking Pan with nonstick cooking spray. Put the pizza dough on the pan. Stretch the dough to cover the entirety of the pan.
- Put Baking Pan into rack Position 1. Set oven to Bake at 450°F (230°C) for 10 minutes. Cook until lightly golden. Remove from oven and add jam to the center of the dough. Leaving a 1-inch (2.5 cm) border for the crust, spread the jam into a thin, even layer. Top with the prosciutto and goat cheese. Brush the border with the olive oil.
- Return pizza to rack Position 2 and bake for an additional 5 minutes, or until the edges are golden brown.
- Remove pizza from the oven and top with the arugula. Let arugula slightly wilt for 2 minutes before serving. Drizzle any remaining oil over the pizza.

Nutritional information per slice:

*Calories 255 (30% from fat) • carb. 37g • pro. 11g • fat 9g • sat. fat 3g • chol. 16mg
sod. 716mg • calc. 36mg • fiber 4g*

Pizza Margherita

Simple and delicious—and quicker than takeout!

Makes 1 pizza, 8 slices

- Nonstick cooking spray**
- 1 pound (454 g) pizza dough, room temperature**
- ¾ cup (175 ml) pizza sauce**
- 2 tablespoons (30 ml) grated Parmesan**
- 3 ounces (85 g) fresh mozzarella, thinly sliced**
- 1 tablespoon (15 ml) extra virgin olive oil**
- ¼ cup (60 ml) tightly packed basil leaves, thinly sliced**

1. Generously coat the Baking Pan with nonstick cooking spray. Put the pizza dough on the pan. Stretch the dough to cover the entirety of the pan.
2. Put the Baking Pan into rack Position 1. Set oven to Bake at 450°F (230°C) for 10 minutes. Cook until lightly golden. Remove from oven and add sauce to the center of the dough. Leaving a 1-inch (2.5 cm) border for the crust, spread sauce into a thin, even layer. Sprinkle with the Parmesan and top with the mozzarella. Brush the border with olive oil.
3. Return pizza to rack Position 2 and bake for an additional 8 to 10 minutes, or until the cheese is melted and lightly brown and the bottom crust is golden. Sprinkle with basil before serving.

Nutritional information per slice:

*Calories 217 (29% from fat) • carb. 32g • pro. 8g • fat 7g • sat. fat 2g • chol. 7mg
sod. 402mg • calc. 46mg • fiber 5g*

Roasted Chicken Thighs with Smoked Paprika and Lime

A moist and flavourful main course, ready in 30 minutes.

Makes about 4 chicken thighs

- 1 pound (454 g) chicken thighs, bone-in**
- 1 tablespoon (15 ml) extra virgin olive oil**
- ½ teaspoon (2.5 ml) kosher salt**
- ½ teaspoon (2.5 ml) smoked Spanish paprika**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- ¼ teaspoon (1 ml) ground cumin**
- ½ lime, juiced**

1. Line the Baking Pan with aluminum foil. Put the chicken thighs onto the Baking Pan. Drizzle with olive oil and sprinkle evenly with the salt, paprika, pepper, cumin and lime juice. Put the Baking Pan into rack Position 2.
2. Set to Convection Bake at 425°F (220°C) for 30 minutes. Cook until skin is crispy and the internal temperature reaches 165°F (73°C). Let rest for 10 minutes before serving.

Nutritional information per chicken thigh with skin:

*Calories 313 (62% from fat) • carb. 1g • pro. 29g • fat 21g • sat. fat 5g • chol. 105mg
sod. 362mg • calc. 16mg • fiber 0g*

Roasted Lamb Chops with Rosemary and Garlic

This traditional lamb preparation can be enjoyed any night of the week.

Makes 4 servings

- 4 garlic cloves, crushed**
- 1 tablespoon (15 ml) chopped fresh rosemary (leaves from about 3 to 4 rosemary sprigs)**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- 2 tablespoons (30 ml) extra virgin olive oil**
- 8 loin lamb chops, about 2 pounds (907 g)**
- ½ teaspoon (2.5 ml) kosher salt**

1. Stir the garlic, rosemary, pepper and olive oil together in a stainless steel bowl. Add the lamb chops and toss together well to fully coat. Let rest at room temperature for about 30 minutes. The lamb can

also be marinated overnight in the refrigerator at this point for maximum flavour.

2. Once rested, line the Baking Pan with aluminum foil. Put the lamb chops on the pan and sprinkle evenly with the salt.
3. Put the Baking Pan with the lamb into rack Position 2. Set to Convection Bake at 425°F (220°C) for 15 minutes, cooking until the internal temperature reads 130°F (54°C) for medium rare. Let chops rest for about 5 minutes once removed from the oven before serving.

Nutritional information per serving (2 chops):

*Calories 284 (46% from fat) • carb. 1g • pro. 36g • fat 14g • sat. fat 5g • chol. 109mg
sod. 395mg • calc. 33mg • fiber 0g*

Sausage and Kale Quiche

Great for a Sunday brunch, this quiche will please any crowd. The recipe for the crust, Pâté Brisée, makes enough for two quiches, so freeze the other half to have on hand for next time.

Makes 8 to 10 servings

Pâté Brisée:

- 2 cups (500 ml) unbleached, all-purpose flour**
- 1 teaspoon (5 ml) kosher salt**
- 2 sticks (16 tablespoons [236 ml]) unsalted butter, cold, cut into 1-inch (2.5 cm) pieces**
- 3 to 4 tablespoons (45 to 60 ml) ice water**

Filling:

- 1½ teaspoons (7.5 ml) olive oil**
- 1 garlic clove, finely chopped**
- 1 small shallot, finely chopped**
- ¼ teaspoon (1 ml) kosher salt, divided**
- Pinch freshly ground black pepper**
- 4 large lacinato kale leaves, tough stems removed and thinly sliced**

- ¼ teaspoon (1 ml) fresh thyme leaves**
- 1 hot Italian sausage link (about 3 ounces [85 g]), chopped or crumbled (if using fresh, remove casing)**
- ½ cup (125 ml) whole milk**
- ½ cup (125 ml) heavy cream**
- 4 large eggs**
- 1 ounce (28 g) Gruyère or Swiss cheese, shredded**

1. Prepare the Pâté Brisée: Put the flour and salt into a food processor fitted with the chopping blade. Process to sift, about 10 seconds. Add the butter and pulse until the mixture resembles coarse crumbs, about 6 to 8 pulses. Pour in water 1 tablespoon (15 ml) at a time and pulse until mixture starts to come together – you may not need all of the water. (To test if the dough is hydrated well enough, remove cover and pinch the mixture. If it holds, it is done.) Transfer to a lightly floured surface and knead once or twice to bring together. Divide dough equally into two pieces* and form each into a flat disk; wrap in plastic wrap and refrigerate until ready to use, a minimum of 30 minutes.
2. On a lightly floured surface, roll out one of the pastry disks into an 11-inch (27 cm) circle that is about ⅛-inch (0.3 cm) thick. Reverse the dough onto the rolling pin and unroll it evenly over a 9-inch (22 cm) tart pan. Press the dough lightly into the pan, lifting the edges and working it gently down into the bottom edge of the pan. Trim off excess dough by rolling the pin over the top of the pan. With your thumbs, push the dough ⅛-inch (0.3 cm) above the edge of the mold, to make an even, rounded rim of dough around the inside circumference of the pan. Chill in refrigerator for about 30 minutes.
3. Fit the oven with the rack in Position 1. Using a fork, prick the dough evenly all over, but make sure not to go entirely through the dough. Line the shell with parchment and weigh it down with dried beans or rice. Set the oven to Bake at 350°F (180°C) for about 20 minutes. Cook until the dough under the parchment is no longer wet. Remove the beans/rice and parchment and continue baking for another 5 minutes, until the shell is golden brown.

4. Prepare the filling: Put the oil into a medium skillet set over medium/medium-low heat. Once oil is hot, add the garlic and shallot with a pinch of the salt and the pepper. Sauté until softened and fragrant, but has picked up no colour. Add the kale, remaining salt and the thyme. Sauté until the kale is bright and wilted. Remove and reserve.
5. Increase the heat to medium-high. Once hot, add the sausage, breaking it up with a heatproof utensil/spatula while cooking. Sauté until browned and fully cooked (no pink present if using fresh sausage). Remove to cool. Evenly spread the cooled vegetables and sausage over the baked tart shell.
6. Whisk the milk, cream and eggs together, then pour into the tart shell. Top with the cheese.
7. With the rack still in Position 1, carefully transfer quiche to the oven. Set to Bake at 350°F (180°C) for 20 minutes, cooking until centre is just set.
8. Remove and allow to cool for 5 to 10 minutes before slicing and serving. Quiche is best served the same day, but can be stored in the refrigerator for up to 5 days. Reheat for best results.

*Extra dough can be stored in the refrigerator for up to 1 week and in the freezer for up to 2 months.

Nutritional information per serving (based on 10 servings):

*Calories 269 (73% from fat) • carb. 11g • pro. 7g • fat 22g • sat. fat 12g • chol. 127mg
sod. 300mg • calc. 60mg • fiber 0g*

Simply Broiled Burgers

These burgers are a perfect base for any of your favourite burger toppings.

Makes four, 6-ounce (170 g) burgers

24 ounces (680 g) ground beef, 80% lean
1 tablespoon (15 ml) olive oil

1 teaspoon (5 ml) kosher salt
½ teaspoon (2.5 ml) freshly ground black pepper
½ teaspoon (2.5 ml) garlic powder

1. Form ground beef into 4 patties. Brush each with olive oil on both sides and sprinkle with an even amount of salt, pepper and garlic powder.
2. Place the AirFryer Basket onto the Baking Pan. Put burgers into the basket and put assembled pan into rack Position 2.
3. Set to Convection Broil for 15 minutes, stopping to flip burgers halfway through cooking. Serve immediately.

Nutritional information per burger:

*Calories 464 (74% from fat) • carb. 0g • pro. 29g • fat 38g • sat. fat 14g • chol. 121mg
sod. 704mg • calc. 32mg • fiber 0g*

SIDES

Perfect accompaniments to main courses cooked quickly with minimal ingredients and barely any cleanup.

Brussels Sprouts with Pancetta

A perfect side dish to any meal – the saltiness of the pancetta complements the earthiness of the sprouts, and a finish of red wine vinegar provides an unexpected, but welcome tang.

Makes 4 servings

1 pound (454 g) Brussels sprouts, trimmed and halved
1 shallot, thinly sliced
1 ounce (28 g) pancetta, diced
1 tablespoon (15 ml) olive oil
⅛ teaspoon (0.5 ml) kosher salt
⅛ teaspoon (0.5 ml) freshly ground black pepper
2 teaspoons (10 ml) red wine vinegar

1. Line the Baking Pan with aluminum foil. Put all of the ingredients, except for the vinegar, onto the Baking Pan. Toss to evenly coat. Spread into a single layer.
2. Put the assembled pan into rack Position 2. Set to Convection Bake at 400°F (200°C) for 15 minutes. Cook until sprouts are crispy and tender.
3. Remove sprouts from the pan and put them into a serving bowl. Toss with vinegar. Taste and adjust seasoning as desired.

Nutritional information per serving:

*Calories 108 (46% from fat) • carb. 11g • pro. 5g • fat 6g • sat. fat 1g • chol. 6mg
sod. 230mg • calc. 50mg • fiber 4g*

French Fries

These crispy fries can be served with any of your favourite seasonings or sauces.

Makes 2 to 3 servings

- 1 pound ([454 g] about 3 medium) russet potatoes**
- Olive oil, for spraying**
- 1 teaspoon (5 ml) kosher or seasoned salt**

1. Cut potatoes into ¼-inch (0.6 cm) thick pieces, about 4 inches (10 cm) long. Soak in cold water for 30 minutes. Drain and pat dry completely.
2. Place the AirFryer Basket onto the Baking Pan. Put the dried potatoes into the pan. Spray liberally with oil. Sprinkle with salt and toss. Spread into a single layer.
3. Put the assembled pan into rack Position 2. Set to AirFry at 400°F (200°C) for 15 minutes, cooking until desired crispiness is achieved.
4. When French fries are done, transfer to a serving bowl. Taste and adjust seasoning as desired. Serve immediately.

*Nutritional Information per serving (based on 3 servings):
Calories 138 (10% from fat) • carb. 27g • pro. 4g • fat 2g • sat. fat 0g • chol. 0mg
sod. 389mg • calc. 0mg • fiber 2g*

Roasted Acorn Squash

Try this out as a simple side dish. It takes a minimal amount of time from preparation to table; it is super tasty, with the bonus of being really good for you!

Makes about 4 servings

- 1 teaspoon (5 ml) extra virgin olive oil**
- 1 medium acorn squash, cut into about 12 wedges**
- ½ teaspoon (2.5 ml) kosher salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- ¼ teaspoon (1 ml) chili powder**

1. Line the Baking Pan with aluminum foil and spread evenly with olive oil. Add the squash wedges and then sprinkle evenly with salt, pepper and chili powder.
2. Put the Baking Pan with the squash into rack Position 2. Set oven to Convection Bake at 400°F (200°C) for 25 minutes. Squash is ready when softened and evenly browned.
3. Serve immediately.

Nutritional information per serving:

*Calories 104 (9% from fat) • carb. 24g • pro. 3g • fat 1g • sat. fat 0g • chol. 0mg
sod. 269mg • calc. 54mg • fiber 5g*

Roasted Fennel, Carrots and Parsnips

Makes 4 servings

- 2 fennel bulbs, trimmed and quartered**
- 3 medium carrots, cut into 1-inch (2.5 cm) pieces**
- 1 large parsnip, cut into 1-inch (2.5 cm) pieces**

-
- 1** **garlic clove, smashed**
 - 3** **tablespoons (45 ml) extra virgin olive oil**
 - ½** **teaspoon (2.5 ml) kosher salt**
 - ¼** **teaspoon (1 ml) freshly ground black pepper**
 - Pinch ground cinnamon**
 - 1** **teaspoon (5 ml) fresh thyme leaves**

1. Line the Baking Pan with aluminum foil. Put all of the ingredients onto the Baking Pan and toss. Spread into a single layer.
2. Transfer the Baking Pan with the vegetables into rack Position 2. Set to Convection Bake at 400°F (200°C) for 20 minutes. Cook until vegetables are browned and tender.

Nutritional information per serving:

*Calories 170 (54% from fat) • carb. 18g • pro. 2g • fat 11g • sat. fat 2g • chol. 0mg
• sod. 360mg • calc. 85mg • fiber 6g*

Sweet Potato Fries with Chipotle Mayonnaise

A more nutritious alternative to regular French fries.

Makes 2 to 3 servings

Chipotle Mayonnaise:

- ½** **cup (125 ml) mayonnaise**
- 1** **chipotle chile in adobo, finely chopped**
- ¼** **teaspoon (1 ml) fresh lemon juice**

Sweet Potato Fries:

- 1** **pound (454 g) sweet potatoes (about 2 medium), cut into ¼-inch (0.6 cm) thick pieces, about 4 inches (10 cm) long**
 - Olive oil, for spraying**
 - ½** **teaspoon (2.5 ml) kosher salt**
1. Prepare Chipotle Mayonnaise: Put mayonnaise, chipotle and lemon juice in the work bowl of a mini food processor. Process on High

until completely puréed and homogenous. Transfer to a serving bowl, cover, and refrigerate until ready to serve.

2. Make Sweet Potato Fries: Place the AirFryer Basket onto the Baking Pan. Put the cut sweet potatoes into the basket. Spray liberally with oil. Sprinkle with salt and toss. Spread into a single layer.
3. Put the assembled pan into the oven in rack Position 2. Set to AirFry at 400°F (200°C) for 15 minutes. Cook until golden brown and crispy.
4. When sweet potatoes are ready, transfer to a serving bowl. Serve immediately with reserved Chipotle Mayonnaise on the side.

Nutritional information per serving of Chipotle Mayonnaise

(based on 1 tablespoon [15 ml]):

*Calories 101 (99% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g • chol. 10mg
sod. 93mg • calc. 0mg • fiber 0g*

Nutritional information per serving of Sweet Potato Fries (based on 3 servings):

*Calories 149 (11% from fat) • carb. 31g • pro. 3g • fat 2g • sat. fat 0g • chol. 0mg
sod. 434mg • calc. 57mg • fiber 5g*

SWEET TREATS

From Blueberry Muffins for breakfast to a rich Chocolate Cake with Caramel Frosting for dessert, the Cuisinart® AirFryer Toaster Oven can handle any baking task. Plus, the AirFrying feature makes making fried treats, like doughnuts, possible with less calories and barely any mess!

Baked Apples

Your kitchen will be filled with the smell of warm, fall spices while these bake.

Makes 4 servings

- 4** **firm apples, a sweet-tart variety works well, such as Pink Lady**
- ¼** **cup (60 ml) rolled oats (not quick cooking)**
- 2** **tablespoons (30 ml) chopped pecans**
- 1** **tablespoon (15 ml) unbleached, all-purpose flour**

- 1** **tablespoon (15 ml) light brown sugar**
- 2** **pinches ground cinnamon**
Pinch kosher salt
Pinch ground nutmeg
- 2** **tablespoons (30 ml) unsalted butter, cubed**

1. Line the Baking Pan with aluminum foil or parchment paper; reserve. Core the apples, but do not cut through the bottom; reserve.
2. Put the oats, pecans, flour, sugar, cinnamon, salt and nutmeg into a small mixing bowl. Stir to combine. Add the butter and, using your hands, mix together by pinching the mixture to form clumps. Make sure the ingredients are evenly combined.
3. Divide the oat mixture among the apples. Press in to fill. Transfer to the prepared Baking Pan and put into the oven in rack Position 1.
4. Set to Bake at 350°F (180°C) for 35 minutes. Cook until apples are tender and tops are crispy and browned.

Nutritional information per apple:

*Calories 243 (31% from fat) • carb. 42g • pro. 3g • fat 9g • sat. fat 4g • chol. 15mg
sod. 38mg • calc. 21mg • fiber 7g*

Blueberry Muffins

A favourite muffin, these are quick to put together, and baking them in the Cuisinart® AirFryer Toaster Oven brings them to the table quickly.

Makes 6 muffins

- 1** **cup (250 ml) plus 1 tablespoon (15 ml) unbleached, all-purpose flour, divided**
- 1½** **teaspoons (7.5 ml) baking powder**
- ¼** **teaspoon (1 ml) kosher salt**
Pinch ground cinnamon
- 4** **tablespoons ([60 ml] ½ stick) unsalted butter, room temperature**
- ¾** **cup (175 ml) granulated sugar**

- 1** **large egg**
- ½** **teaspoon (2.5 ml) pure vanilla extract**
- ¼** **cup (60 ml) whole milk**
- 1** **cup (250 ml) blueberries, fresh or frozen**
Softened butter or nonstick cooking spray

1. Put 1 cup (250 ml) of the flour, baking powder, salt and cinnamon into a mixing bowl. Whisk to combine; reserve.
2. Put the butter and sugar into a large mixing bowl. Using a hand mixer, mix the two together until light and creamy. Gradually add the egg and vanilla extract; mix on low to fully combine.
3. Alternating between the two, add the dry ingredients and the milk in a few additions, starting and ending with the dry ingredients. Gently mix to just combine.
4. Toss the blueberries with the tablespoon (15 ml) of flour and then add to the batter. Gently fold to combine.
5. Fit the oven with the rack in Position 1. Lightly coat a 6-cup muffin tin with the butter or cooking spray. Scoop the batter into the tin (they may be very full. This is OK.).
6. Set to Bake at 350°F (180°C) for 25 minutes. After 5 minutes, place muffins in preheated oven. Muffins are finished when lightly golden and spring back to touch. Serve immediately, or store, covered, at room temperature for up to 3 days.

Nutritional Information per muffin:

*Calories 269 (41% from fat) • carb. 17g • pro. 15g • fat 10g • sat. fat 2g • chol. 90mg
sod. 500mg • calc 19mg • fiber 1g*

Cinnamon Sugar Doughnut Bites

Not that they will likely hang around, but these doughnuts are best eaten just after cooking.

Makes 16 doughnuts

-
- ¾ teaspoon (3.75 ml) active dry yeast**
 - ½ teaspoon (2.5 ml) plus 1½ teaspoons (7.5 ml) granulated sugar, divided**
 - 1 tablespoon (15 ml) warm whole milk (105°F to 110°F [40 to 43°C])**
 - ¾ cup (175 ml) bread flour, plus more for mixing (up to ¼ cup [60 ml])**
 - 2 pinches kosher salt**
 - 2 pinches ground cinnamon**
 - Pinch ground nutmeg**
 - 1 large egg, lightly beaten**
 - 2 tablespoons (30 ml) buttermilk**
 - ½ teaspoon (2.5 ml) pure vanilla extract**
 - 1 tablespoon (15 ml) unsalted butter, room temperature and cubed**
 - Nonstick cooking spray**
 - Melted butter for finishing (approximately 2 tablespoons [30 ml])**
 - Cinnamon sugar, for finishing (if preparing at home, combine ¼ cup (60 ml) granulated sugar with 1 tablespoon (15 ml) ground cinnamon)**

1. In a small bowl, dissolve the yeast and ½ teaspoon (2.5 ml) sugar in the warm milk. Let stand 5 to 10 minutes, or until mixture is foamy.
2. Put ¾ cup (175 ml) of the flour, the remaining sugar, salt, cinnamon and nutmeg into a large mixing bowl. Whisk to combine. Once yeast has proofed, add it to the flour/sugar. Using a wooden spoon, stir to combine.
3. Whisk the egg, buttermilk and vanilla extract together and then slowly mix into the flour mixture. Lightly dust a clean work surface with flour and transfer dough to the surface, dusting lightly with flour. Using your hands to knead, add additional flour as necessary, 1 teaspoon (5 ml) at a time, to keep dough from sticking to your hands. Add the butter, 1 piece at a time, until all has been mixed into the dough. Again, continue adding flour, 1 teaspoon (5 ml) at a

time, to keep dough from sticking to your hands. The dough should be tender and smooth, and when pulled should not break apart.

4. Form dough into a ball and put in a clean mixing bowl, cover with plastic wrap and allow to rest for 1 hour. After 1 hour, gently turn dough over and press dough down (do not punch). Cover and allow to rest for another hour.
5. Place the AirFryer Basket into the Baking Pan. Lightly coat with nonstick cooking spray. Line a separate baking sheet with parchment paper. Divide the dough into 16 pieces. Working with one piece at a time (keeping the others covered loosely with plastic wrap), form into a small ball and roll between hands to ensure that it is smooth. Put round on the lined baking sheet and cover loosely with plastic wrap. Repeat with the remaining pieces of dough.
6. Once 8 doughnuts have been formed, transfer them to the AirFryer Basket and put into the oven in Position 2. Set to AirFry at 350°F (180°C) for 5 minutes. AirFry until doughnuts just get a bit of colour at the edges. Repeat with remaining doughnuts.
7. While doughnuts are AirFrying, melt additional butter in a small saucepan set over low heat. Put cinnamon sugar in a shallow bowl. Reserve.
8. Remove doughnuts from oven and immediately brush with butter on all sides and then gently toss in cinnamon sugar. Serve immediately.

Nutritional information per doughnut:

*Calories 66 (43% from fat) • carb. 8g • pro. 1g • fat 3g • sat. fat 2g • chol. 20mg
sod. 25mg • calc. 7mg • fiber 0g*

Cherry-Ginger Scones

Scones call for a gentle hand, so be sure not to over-mix – the dough will come together in its true form as you shape them.

Makes 8 scones

- 2½ cups (625 ml) unbleached, all-purpose flour**
- ¼ cup (60 ml) granulated sugar**
- 2 teaspoons (10 ml) baking powder**
- ¼ teaspoon (1 ml) kosher salt**
- 2 tablespoons (30 ml) finely chopped crystalized ginger**
- 6 tablespoons (90 ml) unsalted butter, cold and cubed**
- ⅔ cup (150 ml) buttermilk**
- 1 large egg, lightly beaten**
- 1 cup (250 ml) dried cherries**
- 1 egg white, beaten, for brushing on glaze**

1. Line the Baking Pan with parchment paper; reserve.
2. Put the flour, sugar, baking powder, salt and ginger into the work bowl of a Cuisinart® Food Processor fitted with the chopping blade. Process to combine, about 10 seconds. Add the butter and pulse until the mixture resembles coarse crumbs.
3. In a liquid measuring cup, combine the buttermilk and egg. Add half of the liquid mixture to the work bowl and pulse twice to mix. Add remaining liquid and pulse again until just combined.
4. Remove the dough and place onto a clean counter/large cutting board. Add the cherries and fold into dough until evenly combined.
5. Form the dough into a 10-inch-long (25 cm) cylinder. Using a sharp knife, cut into 8 equal pieces and transfer to the prepared pan. Brush each scone with the egg white.
6. Set to Convection Bake at 375°F (190°C) for 30 minutes. After 5 minutes, place the pan with the scones into the oven in Position 1. Bake until golden brown, about 20 to 25 minutes.

Nutritional information per scone:

*Calories 304 (27% from fat) • carb. 48g • pro. 5g • fat 9g • sat. fat 6g • chol. 47mg
sod. 224mg • calc. 58mg • fiber 2g*

Chocolate Layer Cake with Salted Caramel Frosting

Chocolate, caramel and salt are an unstoppable combination. If looking to save time, you can purchase caramel sauce to mix into the frosting.

Makes 1 cake, 12 servings

Chocolate Cake:

- 1 cup (250 ml) unbleached, all-purpose flour**
- ⅓ cup (75 ml) cocoa powder, sifted**
- 1 teaspoon (5 ml) espresso powder**
- ½ teaspoon (2.5 ml) baking soda**
- ¼ teaspoon (1 ml) baking powder**
- ¼ teaspoon (1 ml) kosher salt**
- 8 tablespoons ([120 ml] 1 stick) unsalted butter, cubed and room temperature**
- ½ cup (125 ml) granulated sugar**
- ¼ cup (60 ml) packed light brown sugar**
- 1 large egg**
- 1 large egg yolk**
- 1 teaspoon (5 ml) pure vanilla extract**
- ½ cup (125 ml) buttermilk**

Frosting:

- 16 tablespoons ([236 ml] 2 sticks) plus 2 tablespoons (30 ml) unsalted butter, cubed and room temperature, divided**
- 1½ cups (375 ml) confectioners' sugar, sifted**
- ¼ teaspoon (1 ml) kosher salt**
- ½ teaspoon (2.5 ml) pure vanilla extract**
- 4 tablespoons (60 ml) heavy cream, divided**
- ¼ cup (60 ml) granulated sugar**
- Water**
- Flaked sea salt, for sprinkling (optional)**

1. Prepare the cake: Fit the oven with the rack in Position 1. Coat a 9-inch (23 cm) round cake pan with softened butter or nonstick cooking spray; reserve.
2. Put the flour, cocoa powder, espresso powder, baking soda, baking powder and salt into a large mixing bowl. Whisk to combine; reserve.
3. Put butter and sugar into a large mixing bowl. Using a hand or stand mixer, mix the butter and sugars together until light and creamy. On a low speed, slowly add the egg, yolk and vanilla extract. Scrape down as necessary.
4. Add $\frac{1}{3}$ of the dry ingredients and, while mixing on low, add $\frac{1}{2}$ of the buttermilk. While still mixing on low, gradually add an additional $\frac{1}{3}$ of the dry ingredients and then the rest of the buttermilk. Finish with the remaining dry ingredients and gently mix until combined.
5. Transfer the batter to the prepared cake pan.
6. Set oven to Bake at 350°F (180°C) for about 25 minutes. After 5 minutes, transfer the cake to the preheated oven. Bake until cake springs back to the touch about 20 minutes. Remove from oven and allow to fully cool. Once room temperature, transfer to a refrigerator to chill.
7. Prepare the frosting: Using a hand or stand mixer, mix 2 sticks of the butter, confectioners' sugar and salt until light and creamy. Add the vanilla extract and 2 tablespoons (30 ml) of the cream and continue to mix until fluffy. Reserve.
8. Put the granulated sugar with enough water to just cover (should resemble wet sand) in a heavy-bottomed medium saucepan. Set over medium heat and allow to cook until sugar is the colour of light maple syrup. As soon as the sugar achieves that colour, remove from heat and very carefully whisk in the remaining 2 tablespoons (30 ml) of butter and cream. Cool to room temperature.
9. Once cool, mix 3 tablespoons (45 ml) of the caramel sauce into the frosting; reserve the remaining tablespoon (15 ml) for finishing the cake.
10. Once the cake is sufficiently cooled, remove from the refrigerator and halve to make two even layers. Put one onto a cake stand or plate and top with half of the frosting. Place the second layer on top and finish with the remainder of the frosting. Decorate as desired and drizzle with the reserved caramel sauce and a pinch of flaked sea salt, if desired.

Nutritional information per serving:

*Calories 399 (41% from fat) • carb. 41g • pro. 3g • fat 25g • sat. fat 15g • chol. 98mg
sod. 175mg • calc. 18mg • fiber 1g*

Crunchy Granola

Granola is an easy and healthy alternative to packaged cereals. Accompany this fragrant granola with a scoop of your favourite yogurt or fruit.

Makes about 4 cups (1 L)

- $1\frac{1}{2}$ cups (375 ml) rolled oats (not quick cooking)
- $\frac{3}{4}$ cup (175 ml) raw nuts (pecans or pistachios work very well)
- $\frac{1}{2}$ cup (125 ml) unsweetened coconut, shredded or flaked
- $\frac{1}{4}$ cup (60 ml) hulled sunflower seeds
- $\frac{1}{4}$ cup (60 ml) hulled pumpkin seeds (pepitas)
- $\frac{1}{4}$ cup (60 ml) coconut oil, melted
- $\frac{1}{4}$ cup (60 ml) pure maple syrup
- $\frac{1}{2}$ teaspoon (2.5 ml) kosher salt
- $\frac{1}{4}$ teaspoon (1 ml) ground cinnamon
- Pinch ground nutmeg
- $\frac{1}{2}$ cup (125 ml) dried fruit (chopped if larger than berry-sized)

1. Line the Baking Pan with aluminum foil or parchment paper; reserve.

2. In a large mixing bowl, combine all ingredients except for the dried fruit. Spread evenly on the prepared Baking Pan. Transfer the pan with the granola to the oven in rack Position 2. Set to Bake at 300°F (150°C) for 25 minutes. Cook until nicely toasted, stirring halfway through.

3. When the granola is ready, remove from oven, add the dried fruit and stir to combine.
4. Cool completely on Baking Pan. Transfer to an airtight container to store for up to 3 weeks.

Nutritional information per serving (½ cup [125 ml]):

*Calories 290 (54% from fat) • carb. 29g • pro. 6g • fat 18g • sat. fat 5g • chol. 0mg
sod. 138mg • calc. 19mg • fiber 4g*

“Fried” Apples

Crushed graham crackers provide a perfectly sweet crust for apple slices. A healthy after-school snack for kids.

Makes 2 servings

- ½ **apple, cored and sliced***
- 1 tablespoon (15 ml) unsalted butter, melted**
- ⅓ **cup (75 ml) graham cracker crumbs**

1. Place the AirFryer Basket onto the Baking Pan; reserve.
2. Brush the apple slices with the butter, then coat with the graham cracker crumbs.
3. Put the coated apples into the basket and put the assembled pan into Position 2.
4. Set to AirFry at 400°F (200°C) for 10 minutes. Cook until apples are nicely browned around the edges. Serve immediately.

*You can increase this recipe by using a whole apple and cooking in two batches.

Nutritional information per serving:

*Calories 126 (29% from fat) • carb. 22g • pro. 1g • fat 4g • sat. fat 2g • chol. 8mg
sod. 124mg • calc. 4mg • fiber 2g*

Peanut Butter Swirl Brownies

Fudgy and rich, these brownies are just the thing when you need a quick chocolate fix.

Makes 16 brownies

Nonstick cooking spray

- 1½ **sticks (¾ cup [175 ml]) unsalted butter, cubed**
- 4 ounces (113 g) unsweetened chocolate, chopped**
- 4 ounces (113 g) bittersweet chocolate, chopped**
- 2 tablespoons (30 ml) cocoa powder**
- 2 teaspoons (30 ml) espresso powder**
- 3 large eggs**
- 1½ **cups (375 ml) granulated sugar**
- 2 teaspoons (10 ml) pure vanilla extract**
- ½ **cup (125 ml) unbleached, all-purpose flour**
- ¾ **teaspoon (3.75 ml) kosher salt**
- ½ **cup (125 ml) peanut butter**
- ¼ **cup (60 ml) confectioners' sugar**
- 2 tablespoons (30 ml) unsalted butter, melted and cooled**
- Pinch kosher salt**

1. Fit the oven with the rack in Position 1. Lightly coat a 9-inch (23 cm) square baking pan with nonstick cooking spray and line with parchment paper. Reserve.
2. Put the butter and both chocolates into a heatproof bowl and place over a pot of simmering water. Once the butter/chocolate mixture is almost completely melted, stir in cocoa powder and espresso powder. Set aside to cool to room temperature.

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3. Using a hand mixer, beat the eggs to break them up, then gradually add the sugar. Mix until light and thickened, about 1 to 2 minutes. Add vanilla extract and beat until well combined.
 4. Stir the flour and salt into the chocolate mixture until just incorporated. Fold the chocolate mixture into the egg mixture until the batter is no longer streaky; reserve.
 5. Prepare the peanut butter swirl by combining the peanut butter, confectioners' sugar and melted butter and stirring until combined.
 6. Pour the batter into prepared pan. Dollop the peanut butter mixture on top and, using a fork or knife, decoratively swirl into the batter.
 7. Set oven to Bake at 350°F (180°C) for 25 minutes. After 5 minutes, transfer to the pan to the preheated oven. Bake until edges are just dry about 20 minutes. Cool completely and chill in the refrigerator overnight before cutting and serving.

Nutritional information per brownie:

*Calories 317 (57% from fat) • carb. 32g • pro. 5g • fat 21g • sat. fat 11g • chol. 61mg
sod. 107mg • calc. 17mg • fiber 2g*

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LIMITED THREE-YEAR WARRANTY

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1-800-472-7606

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Woodbridge, Ont. L4H 0L2

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