

Truly Healthy Fried Food Recipes With Low Salt, Low Fat, And Zero Guilt

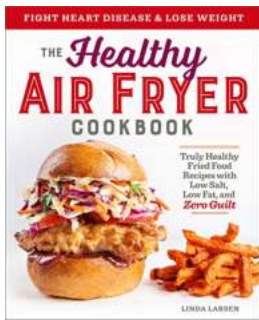
Who doesn't love the mouth-watering, irresistible taste of deep-fried foods? We all do! However, the guilt that comes along with enjoying these savory treats often dampens our experience. But what if we told you that it's possible to indulge in fried food without compromising your health goals? Yes, you read that right! With the following truly healthy fried food recipes, you can say goodbye to guilt and savor every bite with delight.

1. Crispy Baked Onion Rings

Onion rings are a classic favorite, but their deep-fried nature makes them high in fat and calories. However, with this crispy baked onion rings recipe, you can enjoy the same sensational taste without the guilt! Begin by coating thinly sliced onions in a mixture of whole wheat breadcrumbs, smoked paprika, and a pinch of salt. Bake them in the oven until golden brown and crispy. The result? A guilt-free appetizer that will leave you craving more.

2. Air-Fried Chicken Wings

Chicken wings are undoubtedly a crowd pleaser, but traditional deep frying techniques often involve excessive amounts of oil. Enter the air fryer! In this recipe, coat chicken wings with a mixture of olive oil, garlic powder, paprika, salt, and pepper. Then, place them in the air fryer, ensuring they are not overlapping. Cook for about 25 minutes until the skin becomes crispy and golden. These guilt-free chicken wings will satisfy your cravings without adding unnecessary fat to your diet.



The Healthy Air Fryer Cookbook: Truly Healthy Fried Food Recipes with Low Salt, Low Fat, and Zero Guilt by Linda Larsen (Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 14480 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Lending	: Enabled
Screen Reader	: Supported
X-Ray	: Enabled
Print length	: 271 pages



3. Oven-Baked Sweet Potato Fries

Sweet potato fries are a healthier alternative to regular fries, but when deep-fried, they can still pack a caloric punch. Switch up your cooking method and opt for oven-baked sweet potato fries instead. Cut sweet potatoes into thin strips, toss them in olive oil, and sprinkle with a mix of salt, paprika, and garlic powder. Arrange them on a baking sheet and bake until crispy. These fries offer the perfect balance of sweetness and crunch, guilt-free!

4. Baked Coconut Shrimp

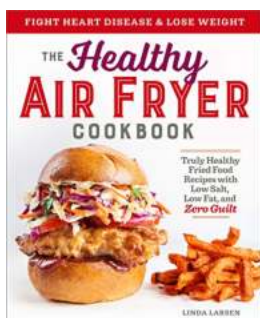
Coconut shrimp is a popular dish known for its crispy exterior and succulent texture. However, the deep frying process often involves using large amounts of oil. This recipe, on the other hand, opts for baking as the cooking method. Dip raw shrimp in egg whites and coat with a mixture of shredded coconut and panko breadcrumbs. Place the coated shrimp on a baking sheet and bake until golden

brown. These baked coconut shrimp will transport you to a tropical paradise, without feeling any remorse.

5. Crunchy Oven-Fried Fish

Fried fish is undeniably delicious, but the frying process can lead to an excess of oil and unwanted fat. Enter the crunchy oven-fried fish recipe! Begin by dipping fish fillets in a mixture of yogurt, lemon juice, and spices. Roll the fillets in a mixture of whole wheat breadcrumbs, ground flaxseed, and dried herbs. Place the coated fillets on a baking sheet and bake until crispy and golden. A guilt-free and satisfying fish dish that will leave you wondering why you ever opted for traditional frying methods.

Indulging in fried food no longer needs to be a guilty pleasure. With these truly healthy fried food recipes, you can satisfy your cravings without compromising your health goals. From crispy baked onion rings and air-fried chicken wings to oven-baked sweet potato fries, baked coconut shrimp, and crunchy oven-fried fish – these guilt-free alternatives offer the same irresistible taste and crunch you love, but with low salt, low fat, and zero guilt. So, go ahead and enjoy your favorite fried food recipes without regret!



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Fried and healthy? Yes and yes!

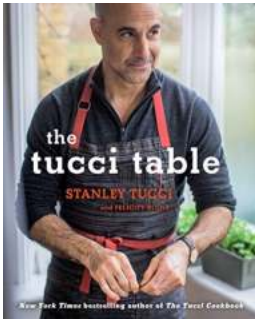
Healthy food? Or fried food? Why not both? By cooking with hot air instead of oil, air fryers provide a healthier option. The Healthy Air Fryer Cookbook brings you recipes that are not merely healthier than deep-frying with oil, but genuinely nutritious, heart-healthy, and yummy.

The Healthy Air Fryer Cookbook follows American Heart Association guidelines while delivering the flavor and crunch you crave in fried foods. Recipes are easy, requiring no more than 8 ingredients and 30 minutes. All recipes come with nutritional information, proving just how delicious heart-healthy cooking can be.

The Healthy Air Fryer Cookbook includes:

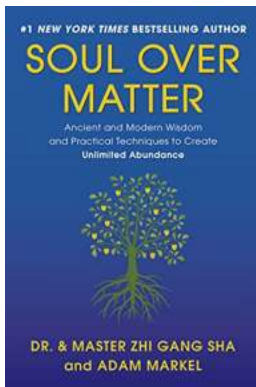
- 100+ air fryer recipes—Enjoy healthy versions of fried favorites, plus delicious new ideas for breakfast, lunch, dinner, and appetizers. Vegan and vegetarian options are also included.
- Heart healthy guarantee—This is the only air fryer cookbook that adheres to the low salt, low fat guidelines of the American Heart Association.
- Nutritional information—Get more tips on heart-healthy eating, and find out how much salt and fat each recipe saves you.

This air fryer cookbook lets you indulge in your favorite foods without an ounce of guilt. What's not to love?



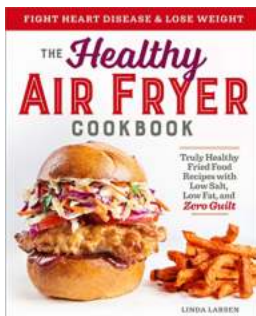
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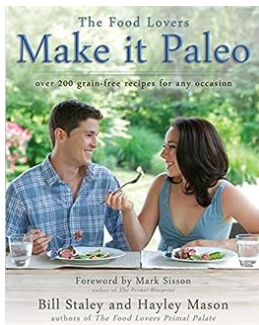
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