

News Column – Donna Krug, District Director and Family & Consumer Science Agent - Cottonwood District

Healthy Air Fryer Cooking Program Set

Are you thinking about purchasing an air fryer as your next small kitchen appliance? Or perhaps you have one but are unsure of its many uses. Mark your calendar for **Wednesday, September 2nd** and join us at the Great Bend Activity Center, 2715 18th Street, for a free educational program titled, “Healthy Air Fryer Cooking.” Jen Webster, Pawnee County Family & Consumer Science Agent, will share her tips for using an air fryer successfully. This busy mom and Extension educator is excited about the versatility of this small appliance that can cut out some of the fat that is used in traditional cooking methods.

I have resisted purchasing an air fryer so far. After all, I have enough things taking up space on my kitchen counter without adding another small appliance. I have received numerous questions about using an air fryer, so I am happy that Jen accepted my invitation to share her experiences preparing food in an air fryer.

So what is an air fryer? An air fryer does not fry food like deep frying or pan frying does – it is more like oven fried. It is basically a little hot air chamber convection oven. It cooks a little faster, distributes heat more evenly, and suspends food in a perforated basket. It can really speed things up, allowing a person to prepare good food quickly.

Most air fryers do not need to preheat, so that saves time. They also cook food quickly, so in warmer climates, they won’t heat up the kitchen the way the oven can. Basically anything you can bake you can make in an air fryer. Various meats are cooked to a perfect temperature, and they remain juicy and tender. Air fryers are also great for cooking most vegetables. A light spritz of olive oil will help your veggies to brown and become crispy. Most veggies are done in under 10 minutes according to my sources.

I heard Jen share that air fryers are also great for reheating leftovers, especially pizza. It revives it and makes it crispy. Jen will share some of her favorite foods to prepare in her air fryer. Her presentation will also include features to keep in mind if you are in the market to purchase an air fryer.

The program Wednesday is free and open to everyone. I hope to see you there!

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