

HEALTHY RECIPES

from Bridget Wood, RD, LD, CDCES



AIR FRIED “BEAN POPPERS”

INGREDIENTS

- 1 can of beans, rinsed, drained and patted dry (Most beans will work, but heartier beans like chickpeas or black beans tend to hold up better when air frying)
- Drizzle of oil of your choice (Olive or avocado would work perfectly)
- Seasonings of your choice ($\frac{1}{8}$ tsp onion powder, $\frac{1}{8}$ tsp garlic powder, generous shake of dried chives, dash of cayenne, $\frac{1}{8}$ tsp nutritional yeast and a $\frac{1}{8}$ tsp of smoked salt is an amazing flavor combination especially if you opted for sodium-free beans!)

STEPS

1. Rinse and drain beans in a colander. Pat dry (to best remove residual bean juice) and add to a bowl. Set the airfryer to 400 degrees Fahrenheit.
2. Toss beans with a drizzle of oil and seasonings of your choice.
3. Place beans in the air fryer and cook until crispy (around 15-20 minutes with tossing time but can vary depending on the bean and amount of oil so pay close attention!). Make sure to toss beans every few minutes in the air fryer basket to ensure even cooking and avoid sticking.

These are best enjoyed immediately after cooking or within the same day. If you have any leftover, store in an airtight container and place in air fryer for a minute to refresh crispiness when ready to consume.