

## **Air Fryer Garlic Sesame Edamame**

Serves 4

12 16-ounce bag frozen whole edamame , not thawed  
2 tablespoons toasted sesame oil  
1 tablespoon soy sauce  
3 cloves garlic, finely minced or pressed  
Black pepper, to taste  
Dried chili flakes, optional

Preheat air fryer to 425°F or 450°F. Every air fryer has slightly different max temperatures, and both will work.

In a large bowl combine the frozen edamame, sesame oil, soy sauce, garlic, pepper, and chili flakes, if using. Toss well to coat.

Line tray with a sheet of parchment paper and lightly grease. Spread the edamame into an even layer on tray. If your air fryer is small, you can do this in two batches.

Place the edamame in the air fryer and fry for 5 to 10 minutes, or until some of the pods are lightly seared or browned in spots and the edamame is tender. It doesn't take too long to cook them. If necessary, repeat with remaining uncooked edamame.

Transfer the hot edamame to a plate and serve right away.

## **Crispy Air Fryer Tofu with Creamy Ranch Dip**

Serves 4

Marinade:

6 tablespoons soy sauce

6 tablespoons water

1/4 cup soy oil

1 teaspoon granulated onion

1 teaspoon poultry seasoning

Black pepper

White pepper

Tofu:

1 16-ounce package extra firm or firm tofu, drained and sliced into 8 1/2-inch slices cross-wise and then again in half lengthwise to form squares

1/2 to 1 cup mayonnaise (light or regular)

1/2 cup cornstarch

1 cup panko or regular breadcrumbs

Spray oil

Ranch Seasoning Mix:

2 tablespoons granulated onion

1 tablespoon dried dill

1 tablespoon dried parsley

1/2 teaspoon granulated garlic

1/2 teaspoon fine salt

#### Ranch Dip:

1 12.3-ounce box Mori-Nu extra firm silken tofu

1 ½ tablespoons soy oil

1 ½ tablespoons water

1 tablespoon fresh lemon juice

1 tablespoon Ranch Seasoning Mix (recipe above)

1 green onion, ends trimmed and sliced

3/4 teaspoon salt, or to taste

Line a perforated air fryer tray or baking sheet that fits your air fryer with a piece of parchment paper. Alternately you can put it directly in your air fryer basket drawer, depending on the kind you have. Grease the parchment paper or air fryer basket with pan spray and set aside.

**Marinade:** In a shallow container that is large enough to hold the tofu and marinade, combine the soy sauce, water, oil, granulated onion, poultry seasoning, and black and white pepper.

Give it a stir to mix and lay the tofu squares onto the marinade to cover. Let sit for 15 minutes.

**Ranch Seasoning Mix:** While the tofu is marinating, mix together the ranch seasoning mix. In a small bowl, add the granulated onion, dill, parsley, garlic and salt. Set aside.

**Tofu:** Take out three plates or shallow bowls and place next to each other. On one of the plates place the cornstarch. On the second plate spread the mayonnaise (spreading it enough to be able to dip and coat the tofu squares). On the third plate, add the panko or breadcrumbs.

Remove the tofu from the marinade. Starting with the cornstarch, lightly coat the tofu on all sides with the cornstarch. Then dip the tofu slices in the mayonnaise, lightly coating all the sides and edges so that the breadcrumbs will stick. Then place the tofu on the panko or breadcrumbs, coating all sides, pressing them in to stick. Place the

tofu slices on the prepared air fryer tray or baking sheet. Repeat with remaining tofu pieces. Spray the tops of the coated tofu pieces with spray oil.

Air fry the tofu at 425°F (or as high as your air fryer will go if it's less than that) for about 10 minutes, or until nicely golden brown on top. Carefully flip the tofu over, spray with a light coating of oil and air fry another 5 to 10 minutes, until browned and tofu feels somewhat firm to the touch. Remove from air fryer and let cool. If necessary, repeat cooking the rest of your tofu if it didn't all fit in the air fryer the first time around.

**Ranch Dip:** While the tofu is cooling, make the ranch dip. In a food processor, combine the tofu, oil, water, and lemon juice and process until the tofu is completely smooth and fluffy. You may need to start and stop the processor and scrape down the sides a few times. Once the tofu is creamy, add the prepared ranch seasoning, green onion, and salt, pulsing or processing until the green onion is finely chopped. Adjust seasonings to taste and scoop the ranch into a bowl.

Serve the crispy tofu with ranch on the side for dipping.

**Tip:** If you have firm rather than extra firm tofu, you can quickly press the tofu for 15 minutes to release some of the excess moisture.

**Variation:** Stir some buffalo or wing sauce into the ranch for a spicier dip.

You can also pan fry the tofu in a hot skillet with 3 to 4 tablespoons soy oil.

## **Air Fried Barbecue Soy Burgers**

Makes 4 to 6 burgers

Burgers:

1 cup dry TSP

1/2 cup boiling water

1/2 cup canned black soy beans, rinsed and drained

1/2 cup chopped onion

1 cup cooked rice (white or brown)

1/4 cup barbecue sauce plus 2 tablespoons

2 tablespoons soy oil

\*1/4 cup white rice flour OR 1 pound ground beef

1/4 cup chopped cilantro, optional

2 to 3 cloves garlic, minced or pressed

3/4 teaspoon salt, or to taste

Freshly ground black pepper

Spray oil or soy oil for air frying

\*If using ground beef, eliminate rice flour

To Serve:

Burger buns

Lettuce

Tomato

Slice Onion

## Barbecue sauce

In a small bowl, combine the TSP and boiling water. Give it a good stir to moisten. Cover top with a lid, plate or piece of foil and set aside for 10 minutes. The TSP should be fully hydrated and soft at that point, and there shouldn't be any remaining water in the bowl.

In a large bowl add the black soy beans. Smash with a potato masher or the back of a fork. You want them pretty smashed. They will be somewhat chunky and not smooth. Add the rehydrated TSP to the beans, along with the chopped onion, cooked rice, barbecue sauce, soy oil, rice flour, cilantro, garlic, salt, and black pepper. Mix well using your hands. A pair of disposable food gloves works great for this. You want to almost knead the mixture together so that it will stick to itself and not be crumbly. This can take a couple of minutes.

Once the burger mixture can be easily shaped into a tight ball, divide the mixture evenly into 4 to 6 pieces. Shape each piece into a tight ball and then flatten into patties. If they break apart a bit, just reshape them.

Place the burgers on a greased parchment-lined baking or perforated air fryer pan. Spray or lightly brush the burgers with a little oil and air fry at 400°F for 5-8 minutes. Gently flip the burgers over, spritz with a little more oil and air fry for another 5 to 7 minutes. The burgers should be nicely browned (but not burnt). Depending on the kind of air fryer you have, they may take a few minutes longer (or shorter) to bake.

Let the burger cool for 5 to 10 minutes before serving. This will give them a chance to firm up and not break. Serve burgers with buns and all the fixings.

Tip: If you are using refrigerated leftover rice, you can warm it up for 30 seconds in the microwave to plump it up before using in the recipe.

Variations: Add sliced green onions to the burgers in addition to the chopped onion.