
THE XXL NINJA AIR FRYER COOKBOOK

Healthy & Quick Recipes for the Whole Family – Oil-Free Frying for Breakfast, Main Dishes, Snacks, and More

Table of Contents

Introduction.....	10
CHAPTER 1: Air Frying 101 – Mastering Your Ninja XXL.....	12
Why the Ninja XXL? More Space, Better Airflow, Crispier Results.....	12
How Ninja Air Frying Works	12
Do’s and Don’ts for the Best Cooking Experience.....	13
Must-Have Accessories and Tools to Level Up Your Air Frying	14
Cleaning and Maintenance Hacks to Keep Your Ninja Running Smoothly.....	15
How to Adapt Any Recipe for the Air Fryer	16
CHAPTER 2: Meal Prep & Batch Cooking – Save Time, Eat Smart	17
Best Foods to Batch-Cook in the Air Fryer	17
Freezing & Reheating Tips for Maintaining Crispiness	18
Leftover Make-Overs for the Week	19
CHAPTER 3: The Air Fryer Lifestyle – Eating Well Every Day	21
Keeping Meals Interesting – Smart Swaps and Substitutions	21
Building Balanced Meals with Your Air Fryer.....	22
Keeping Meals Exciting & Adapting to Dietary Preferences	23
CHAPTER 4: Rise & Shine – Breakfast Made Better	25
1. Fluffy Air Fryer Omelet Muffins	25
2. Banana Oat Ramekin Pancakes.....	26
3. Sweet Potato Breakfast Hash	26
4. Cinnamon Apple Crumble Bites	27
5. Air-Fried Blueberry Oatmeal Cups	28
6. Crispy Almond Butter French Toast Sticks	28
7. Zesty Lemon Poppy Seed Muffins.....	29
8. Cheesy Spinach & Egg Breakfast Wraps	30
9. Air Fryer Granola Clusters.....	30
10. Chia & Flaxseed Power Bites	31
11. Crispy Egg & Veggie Breakfast Tacos	32
12. Air-Fried Cinnamon Raisin Bagels	32
13. Berry-Stuffed Whole Wheat Crepes	33
14. Savory Chickpea Pancakes with Avocado	34
15. Pumpkin Spice Breakfast Donuts.....	35

16. Tofu Scramble Breakfast Burrito	35
17. Air-Fried Hash Brown Patties	36
18. Zucchini and Carrot Fritters	37
19. Vegetable Breakfast Skewers	37
20. Peanut Butter Banana Toast	38
21. Air-Fried Fruit and Nut Bars	39
22. Potato and Spinach Cakes	39
23. Herb and Cheese Scones	40
24. Air Fryer Blueberry Oat Bars	40
25. Air Fryer Zucchini Bread	41
26. Breakfast Sweet Potato Boats	42
CHAPTER 5: Snack Attack – Crispy Bites Without the Guilt	43
27. Crispy Chickpea Poppers	43
28. Cheesy Cauliflower Bites	43
29. Crunchy Seaweed Chips	44
30. Spicy Buffalo Cauliflower Wings	45
31. Crispy Kale Chips with Lemon Zest	45
32. Air-Fried Parmesan Zucchini Chips	46
33. Sweet & Spicy Roasted Almonds	47
34. Air-Fried Mozzarella Sticks	47
35. Curried Air-Fried Chickpeas	48
36. Crispy Peanut Tofu Bites	49
37. Garlic Butter Mushrooms	49
38. Vegetable Spring Rolls	50
39. Cajun-Spiced Sweet Potato Wedges	51
40. Sesame Soy Edamame Bites	51
41. Everything Bagel-Spiced Air Fryer Crackers	52
42. Spiced Air-Fried Carrot Fries	53
43. Apple Chips with Cinnamon	53
44. Crispy Lime Avocado Fries	54
45. Crunchy Coconut Cashew Bites	55
CHAPTER 6: Main Event – Family-Friendly Lunch & Dinner	56

Beefed Up – Bold & Juicy Creations.....	56
46. Crispy Garlic-Herb Steak Bites.....	56
47. Air-Fried Beef Kofta Skewers.....	57
48. Zesty Lime & Cilantro Carne Asada.....	57
49. Mongolian-Style Crispy Beef	58
50. Ground Beef Stuffed Bell Peppers	59
51. Korean Beef Bulgogi.....	59
52. Crispy Chimichurri Steak Fries.....	60
53. Air-Fried Teriyaki Beef Strips	61
54. Beef & Veggie Stir-Fry	61
55. Crispy Sesame Beef Lettuce Wraps	62
56. Beef Meatballs with Garlic-Yogurt Sauce	63
57. Spicy Beef & Black Bean Tostadas	63
58. Beef & Broccoli Stir-Fry.....	64
59. Crispy Beef Taquitos.....	65
60. Beef Stuffed Zucchini Boats	65
61. Beef & Sweet Potato Skewers.....	66
62. Garlic Herb Air Fryer Steak	67
63. Zesty Air Fryer Beef Fajitas.....	67
64. Mediterranean Beef Pita Pockets	68
65. BBQ Beef Sliders	69
Poultry Power – Chicken & Turkey, Extra Crispy	70
66. Crispy Lemon-Herb Chicken Thighs	70
67. Tandoori Chicken Drumsticks	70
68. Honey-Soy Glazed Turkey Meatballs	71
69. Buffalo Ranch Chicken Tenders	72
70. Teriyaki Chicken Bites.....	72
71. Spiced Jamaican Jerk Chicken Thighs	73
72. Air-Fried Orange Chicken.....	74
73. Garlic Parmesan Chicken Wings.....	74
74. Crispy Air-Fried Chicken Fajitas	75
75. Sweet & Spicy Air-Fried Turkey Strips	76

76. Greek Chicken Skewers	76
77. Chili-Lime Air-Fried Turkey Burgers.....	77
78. Crispy Lemon Pepper Chicken Wings	78
79. Honey Garlic Air-Fried Chicken Thighs.....	78
80. Herb-Crusted Turkey Cutlets	79
81. Coconut-Crusted Air-Fried Chicken Strips.....	80
82. Air-Fried General Tso's Chicken.....	80
83. Cajun-Style Blackened Chicken Breast	81
84. Sesame Ginger Turkey Bites.....	82
85. Crispy Buttermilk Chicken Sandwich.....	82
From the Ocean – Fish & Seafood Done Right	84
86. Garlic Butter Shrimp Skewers.....	84
87. Salmon with Maple-Dijon Glaze.....	84
88. Crunchy Coconut-Crusted Tilapia	85
89. Zesty Lemon-Pepper Scallops.....	86
90. Spicy Cajun Catfish Bites	86
91. Crispy Air-Fried Cod Nuggets	87
92. Air-Fried Garlic Butter Lobster Tails.....	88
93. Blackened Snapper with Avocado Salsa.....	88
94. Crispy Panko-Crusted Haddock.....	89
95. Lemon-Garlic Butter Flounder.....	90
96. Coconut-Lime Shrimp Tacos	90
97. Crispy Parmesan-Crusted Halibut.....	91
98. Air-Fried Spicy Tuna Cakes.....	92
99. Ginger Soy Glazed Trout	92
100. Crispy Air Fryer Calamari.....	93
101. Sesame-Crusted Ahi Tuna Steaks	94
102. Chili Lime Grilled Prawns	94
103. Herb-Crusted Rainbow Trout.....	95
104. Baked Pesto Salmon with Tomatoes.....	96
105. Honey Garlic Butter Scallops.....	96
Lamb Lovers – Rich & Flavorful Bites	98

106. Mediterranean Air-Fried Lamb Chops	98
107. Spiced Moroccans Lamb Meatballs	98
108. Greek-Style Lamb & Feta Sliders	99
109. Air-Fried Harissa Lamb Skewers	100
110. Crispy Za'atar Lamb Patties.....	100
111. Garlic & Rosemary Lamb Ribs.....	101
112. Lamb-Stuffed Grape Leaves	102
113. Crispy Indian-Spiced Lamb Samosas	102
114. Lamb & Sweet Potato Kofta Bites	103
115. Greek Lamb Moussaka Stacks	104
116. Herbed Air-Fried Lamb Cutlets	104
117. Spicy Chimichurri Lamb Chops.....	105
118. Crispy Lamb Stuffed Eggplant.....	106
119. Air-Fried Lamb & Spinach Hand Pies	106
120. Lamb & Lentil Patties	107
121. Asian-Style Ginger Garlic Lamb Bites	108
122. Lamb & Potato Croquettes.....	108
123. Tandoori-Style Lamb Kebabs	109
124. Air-Fried Lamb Shawarma.....	110
125. Chili Lime Lamb Steaks.....	110
Plant-Powered Perfection – Vegan & Vegetarian Feasts	112
126. Crunchy Falafel with Tahini Sauce	112
127. Zesty Tofu & Veggie Stir-Fry	112
128. Air-Fried Stuffed Portobello Mushrooms	113
129. Crispy Chickpea & Sweet Potato Patties	114
130. Spicy BBQ Jackfruit Tacos	114
131. Air-Fried Eggplant Parmesan.....	115
132. Buffalo Cauliflower Wraps	116
133. Air-Fried Lentil Sliders	116
134. Crispy Black Bean Taquitos.....	117
135. Air-Fried General Tso's Tofu	118
136. Cajun-Spiced Jackfruit Po' Boy	118

137. Crispy Tempeh & Veggie Buddha Bowl	119
138. Sweet & Spicy Air-Fried Cauliflower Bites	120
139. Crispy Artichoke Hearts with Lemon Aioli	120
140. Air-Fried Zucchini Lasagna Rolls.....	121
141. Crispy Chickpea Gyros with Tzatziki	122
142. Mushroom & Spinach Enchiladas.....	122
143. Crunchy Sesame-Crusted Tofu Nuggets	123
144. Air-Fried Veggie Pizza.....	124
145. Air-Fried Ratatouille	124
CHAPTER 7: Veggie Power – Sides	126
146. Garlic Parmesan Zucchini Fries	126
147. Balsamic Crispy Brussels Sprouts	126
148. Sweet & Spicy Roasted Carrots	127
149. Crispy Avocado Wedges.....	128
150. Lemon-Garlic Roasted Asparagus	128
151. Spiced Carrot & Chickpea Fries.....	129
152. Crunchy Cajun-Spiced Okra	130
153. Crispy Air-Fried Artichoke Hearts.....	130
154. Air-Fried Broccoli Tots.....	131
155. Miso-Glazed Eggplant Bites	132
156. Lemon-Garlic Roasted Asparagus	132
157. Coconut-Crusted Cauliflower Nuggets	133
158. Herbed Air-Fried Green Beans	134
159. Honey Sweet Potatoes.....	134
160. Air-Fried Corn on the Cob	135
161. Crispy Air-Fried Cabbage Wedges	135
162. Balsamic Glazed Roasted Beets.....	136
163. Air-Fried Polenta Fries.....	137
164. Spicy Sriracha Brussels Sprouts.....	137
165. Crispy Garlic Mushrooms	138
CHAPTER 8: Around the World – Air Fryer Global Flavors.....	139
166. Indian Spiced Paneer Tikka.....	139

167. Korean-Style Soy Garlic Chicken	139
168. Mexican Street Corn Fritters	140
169. French Herbed Ratatouille Chips	141
170. Greek Air-Fried Halloumi & Veggie Skewers	141
171. Jamaican Jerk Fish with Pineapple Salsa	142
172. Swedish Air-Fried Hasselback Potatoes	143
173. Peruvian Aji Amarillo Chicken Wings	143
174. Filipino Banana Turon	144
175. Chinese Vegetable Dumplings	145
176. Turkish Air-Fried Lahmacun Bites	145
177. Spanish Patatas Bravas	146
178. Brazilian Air-Fried Cheese Bread	147
179. Chinese Five-Spice Tofu Bites	147
180. Thai Lemongrass Chicken Skewers	148
CHAPTER 9: Sweet Tooth – Healthier Desserts That Wow	149
181. Vanilla Bean & Honey Roasted Peaches	149
182. Pumpkin Spice Air-Fried Muffins	149
183. Berry & Yogurt Stuffed Phyllo Cups	150
184. Crispy Banana Fritters	151
185. Chocolate Chip Blondies	151
186. Carrot Cake Energy Bites	152
187. Matcha Green Tea Shortbread Cookies	153
188. Pineapple Upside-Down Bites	153
189. Air-Fryer Lime Macaroons	154
190. Raspberry Coffee Mug Cake	155
191. Strawberry Cheesecake Wontons	155
192. Mango Sticky Rice Spring Rolls	156
193. Air-Fried Peach Hand Pies	157
194. Chocolate Lava Cake	157
195. Air-Fried Zucchini Brownies	158
196. Orange Infused Almonds	159
197. Air-Fried Stuffed Peaches	159







198. Caramelized Air-Fried Pineapple	160
199. Baked Apples with Granola Crunch	160
200. Cinnamon Sugar Air-Fried Bananas	161
Family-Friendly 30-Day Meal Plan	162
Conclusion	164
RECIPE INDEX.....	166

Introduction

If you think air frying is just for frozen fries and chicken nuggets, get ready to be amazed. The Ninja XXL Air Fryer can do so much more. With its larger capacity, powerful airflow, and efficient cooking process, you can prepare meals that are crispy, flavorful, and satisfying—all while using little to no oil. This means you get all the crunch and taste of fried food without the extra fat and calories.

Nowadays, cooking nutritious meals often feels like a challenge. Between work, school, and family responsibilities, it's easy to fall into the habit of ordering takeout or relying on processed foods. But what if you could whip up healthy meals in minutes? **With the Ninja XXL Air Fryer, you can.** And this cookbook will show you how.

This isn't just a collection of recipes—it's a complete guide to making the most of your air fryer. Whether you're a beginner or an experienced home cook, you'll find practical tips, creative meal ideas, and easy-to-follow recipes that fit your lifestyle. Here's what you can expect:

-  **A Deep Dive into Air Frying:** Learn why the Ninja XXL stands out, how it works, and what you need to know to get the best results. From airflow to accessories, we've got you covered.
-  **Meal Prep & Batch Cooking Hacks:** Save time and eat smart by prepping meals in advance, freezing leftovers, and reheating food without losing its crispiness.
-  **Everyday Healthy Eating:** Discover how to create balanced meals, make smart ingredient swaps, and keep your air fryer meals exciting.
-  **Breakfasts, Snacks, Mains, and More:** Enjoy crispy breakfast treats, guilt-free snacks, hearty family dinners, and even desserts—all made in your air fryer.
-  **Global Flavors & Dietary Options:** Whether you love bold spices, prefer vegetarian meals, or need family-friendly dishes, you'll find something for everyone.
-  **A 30-Day Meal Plan:** Take the guesswork out of meal planning with a full month of easy, nutritious, and delicious meals.

This book is designed for anyone who wants to eat well without spending hours in the kitchen. Whether you're a busy parent, a health-conscious eater, or just someone who loves good food, you'll find practical recipes and tips to fit your lifestyle.

If you:

- ✓ Want healthier meals without giving up crispy, delicious textures...
- ✓ Need quick and easy meal ideas for hectic weeknights...
- ✓ Love experimenting with new flavors but don't want to spend all day cooking...
- ✓ Are looking for simple ways to make meal prep more efficient...

Healthy Eating, No Sacrifices

Eating well doesn't mean giving up the foods you love. It just means making smarter choices. The Ninja XXL Air Fryer lets you enjoy crispy, golden-brown foods without drowning them in oil. Instead of deep-frying, it uses rapid air circulation to cook food evenly while keeping it juicy inside and crunchy outside. That means you can enjoy your favorite comfort foods—like crispy chicken wings, crunchy fries, and even desserts—without feeling guilty.

Quick & Convenient for Busy Families

One of the best things about air frying is how fast it is. Traditional cooking methods like baking and pan-frying can take a long time, but the air fryer speeds things up without sacrificing flavor. In just minutes, you can prepare meals that would normally take much longer. Plus, with the Ninja XXL's larger basket, you can cook bigger batches at once—perfect for feeding a family.

Let's Get Cooking!

Whether you're making breakfast, lunch, dinner, or snacks, this cookbook has you covered. Get ready to explore a world of flavorful, healthy, and time-saving recipes that will change the way you cook forever. The Ninja XXL Air Fryer is about to become your go-to kitchen tool, and with this book, you'll have everything you need to make the most of it.

So, grab your air fryer, turn to the first chapter, and get ready to create meals that are crispy, healthy, and absolutely delicious.

CHAPTER 1: Air Frying 101 – Mastering Your Ninja XXL

Why the Ninja XXL? More Space, Better Airflow, Crispier Results

If you love fried food but want a healthier way to enjoy crispy, golden meals without excess oil, the **Ninja Foodi XXL Air Fryer** is your best choice. Unlike smaller air fryers, the Ninja XXL offers more space, better airflow, and crisper textures. Here's why it stands out:

1. **Extra Large Capacity:** With a 7-quart basket, you can cook family-sized portions in one go. No need to cook in batches when making wings, fries, or even a whole chicken.
2. **Dual-Fan Technology:** The Ninja XXL ensures better hot air circulation, meaning food gets crispy on all sides without needing excessive flipping or shaking.
3. **Faster Cooking Time:** Compared to a traditional oven, the Ninja XXL heats up quickly and cooks food in a fraction of the time.
4. **Healthier Cooking:** Enjoy the crispy texture of fried foods with up to 75% less fat than deep frying, thanks to its rapid air technology.

How Ninja Air Frying Works

Air frying is a game-changer for home cooks. Instead of submerging food in oil like deep frying, the Ninja XXL uses high-powered convection heat to cook food evenly. Here's what makes air frying superior:

FEATURE	AIR FRYING (NINJA XXL)	DEEP FRYING
<i>Oil Usage</i>	Uses little to no oil	Requires cups of oil
<i>Cooking Time</i>	Faster than ovens	Can be messy and time-consuming
<i>Health Benefits</i>	Lower fat, fewer calories	High fat, high calories
<i>Ease of Use</i>	Simple, set-and-forget	Requires constant monitoring
<i>Cleanup</i>	Quick and easy	Greasy mess to clean up

The Ninja XXL works by circulating superheated air around food, ensuring it's cooked evenly and thoroughly. This method locks in moisture while creating a crispy, golden exterior—without the oil and mess of deep frying.

Do's and Don'ts for the Best Cooking Experience

To get the most out of your Ninja XXL, follow these essential do's and don'ts:

Do's:

- ✓ **Preheat the Air Fryer:** Just like an oven, preheating helps achieve better crispiness and even cooking.
- ✓ **Use the Right Oil:** A light spritz of avocado oil or olive oil spray can help crisp up food without making it greasy.
- ✓ **Shake or Flip as Needed:** While the Ninja XXL has excellent airflow, flipping foods like fries, nuggets, or vegetables ensures even browning.
- ✓ **Space Out the Food:** Overcrowding reduces airflow and can lead to uneven cooking. For best results, cook in a single layer.
- ✓ **Use Parchment Liners for Easy Cleanup:** Air fryer parchment liners can prevent sticking and make cleanup effortless.
- ✓ **Experiment with Different Foods:** From roasted veggies to chicken wings, the Ninja XXL is versatile—try new recipes to see what you like best.

Don'ts:

- ✗ **Don't Use Too Much Batter:** Wet batters (like tempura) don't cook well in an air fryer. Instead, coat food in panko or breadcrumbs for crunch.
- ✗ **Don't Use Aerosol Cooking Sprays:** Many aerosol sprays contain additives that can damage the nonstick coating. Use an oil mister instead.

X Don't Forget to Clean the Basket: Leftover grease or crumbs can cause smoke or affect the taste of your food.

X Don't Cook Food Too Thick Without Adjusting Time: Large pieces of meat or frozen items might need extra cooking time to reach the right doneness.

X Don't Ignore the Temperature Settings: Different foods require different temperatures—use the correct setting for best results.

Must-Have Accessories and Tools to Level Up Your Air Frying

Enhance your Ninja XXL experience with these essential accessories:

ACCESSORY	BENEFITS
<i>Silicone or Perforated Parchment Liners</i>	Prevents food from sticking, makes cleanup effortless, allows proper air circulation.
<i>Multi-Layer Rack</i>	Doubles cooking space, ideal for cooking different foods at once (e.g., chicken on top, veggies below).
<i>Meat Thermometer</i>	Ensures food is cooked to a safe temperature, prevents overcooking.
<i>Oil Sprayer</i>	Allows controlled oil application for crispiness, healthier than deep frying.
<i>Silicone Tongs</i>	Non-scratch material preserves basket's nonstick surface, makes flipping food easier.
<i>Small Baking Dishes or Silicone Molds</i>	Perfect for making egg bites, muffins, or mini casseroles, ensures even cooking for liquid-based recipes.

Cleaning and Maintenance Hacks to Keep Your Ninja Running Smoothly

Taking care of your Ninja XXL Air Fryer isn't just about keeping it looking clean—it directly impacts how well it performs and how long it lasts. A well-maintained air fryer ensures consistently crispy results, prevents unwanted odors, and keeps your food tasting fresh every time.

Daily Cleaning Routine

Every time you use your air fryer, follow these simple steps:

1. **Unplug and cool down** – Before you clean, make sure the fryer is completely cool.
2. **Wipe down the exterior** – A damp cloth with mild dish soap will keep the outside looking new.
3. **Remove and wash the basket and crisper plate** – These should be washed with warm, soapy water. They are also dishwasher safe.
4. **Check the heating element** – If you notice any buildup, use a soft brush or cloth to wipe it away.
5. **Dry completely before reassembling** – Prevent moisture buildup by ensuring all parts are fully dry.

Deep Cleaning Tips

1. *For stuck-on grease, soak the basket and crisper plate in warm, soapy water for at least 15 minutes before scrubbing with a non-abrasive sponge.*
2. *To remove odors, wipe the interior with a mixture of baking soda and water or place a bowl of vinegar inside for 10 minutes after cooking.*
3. *Clean the fan and vents monthly with a soft brush or vacuum attachment to prevent grease buildup and ensure proper airflow.*

By keeping up with regular cleaning, your Ninja XXL will work efficiently, giving you perfect results every time.

How to Adapt Any Recipe for the Air Fryer

You don't need air-fryer-specific recipes to make delicious meals. With a few simple adjustments, you can convert almost any oven or stovetop recipe for the Ninja XXL.

1. **Lower the Temperature:** Air fryers cook food faster than traditional ovens. A good rule of thumb is to reduce the temperature by 25°F from the oven recipe. For example, if a recipe calls for baking at 400°F, set your air fryer to 375°F.
2. **Adjust the Cooking Time:** Because the air fryer circulates hot air more efficiently, food generally cooks 20-30% faster than in an oven. If a recipe says to bake for 30 minutes, start checking for doneness around 20-22 minutes.
3. **Use the Right Cookware:** Most oven-safe dishes, including glass, ceramic, and silicone, can go in the air fryer. However, avoid plastic and nonstick bakeware unless it's labeled air-fryer safe.
4. **Crisping Up Leftovers:** One of the best uses of an air fryer is reheating leftovers. Instead of using a microwave, which can make food soggy, air-fry at 350°F for a few minutes to restore crispiness.
5. **Converting Deep-Fried Recipes:** For deep-fried recipes, use 1-2 teaspoons of oil instead of submerging food in oil. You can also coat foods in panko breadcrumbs or cornstarch for extra crunch.

By following these tips, you'll be able to adapt your favorite meals for the air fryer, making them healthier and more convenient.

CHAPTER 2: Meal Prep & Batch Cooking – Save Time, Eat Smart

Best Foods to Batch-Cook in the Air Fryer

Life gets busy, but that doesn't mean healthy eating has to take a back seat. With the Ninja XXL Air Fryer, meal prep becomes fast, easy, and delicious. Whether you're feeding a family or just want to simplify your weekly meals, **batch cooking** with your air fryer can save you time and effort while keeping your meals fresh and crispy.

Traditional meal prep often means hours spent cooking multiple dishes at once, using multiple pots and pans. With the Ninja XXL's large capacity, you can prepare meals in one appliance with little cleanup. The high-speed convection heat locks in flavor while ensuring crispiness without excess oil, making it perfect for prepping meals that taste fresh even after reheating.

Not all foods are suited for batch cooking, but many do exceptionally well in an air fryer. Here are some of the best options:

Proteins

1. **Chicken Breasts & Thighs:** Season and cook a large batch at once. Use them throughout the week for salads, wraps, and grain bowls.
2. **Meatballs:** Great for pasta, subs, or a protein-packed snack.
3. **Salmon or White Fish Fillets:** Reheat well and pair with roasted veggies or rice.
4. **Tofu or Tempeh:** Perfect for plant-based meals. Marinate, air-fry, and add to stir-fries, bowls, or sandwiches.

Vegetables:

1. **Roasted Sweet Potatoes & Regular Potatoes:** Versatile for breakfast, side dishes, or salads.
2. **Brussels Sprouts, Broccoli, and Cauliflower:** Roast in bulk and toss into meals throughout the week.
3. **Bell Peppers & Onions:** Great for fajitas, omelets, or grain bowls.