





Week.	Recipe.	Ingredients.	Time taken for preparation and cooking.	Level of clean-up required (minimal, moderate, heavy).	Taste rating (bad = 1 star, okay = 2 stars, good = 3 stars).	Additional Comments/Notes.	Picture.
1 (September 14-19).						Brainstorm topic of inquiry.	
2 (September 20-26).						Finalize topic of inquiry and create learning plan.	
3 (September 27-October 3).	Stuffed peppers. https://temeculablogs.com/air-fryer-stuffed-peppers/	a. Bell peppers. b. Yellow onion. c. Tomatoes. d. Basil. e. Parsley. f. Rice. g. Cheese. h. Ground beef. i. Tomato sauce. j. Salt. k. Pepper. l. Garlic powder. m. Onion powder.	39 minutes.	Moderate.	★ ★ ★	↳ This recipe was fairly easy to put together, but it did require me to coordinate multiple tasks simultaneously (cooking the rice, browning the beef, dicing the tomatoes) which was slightly challenging. ↳ The air fryer preheats much faster than I expected (about 2 minutes), making the cooking time incredibly convenient. However, the time needed for preparation is longer, very doable, but maybe not for when you are in a hurry. ↳ Clean-up afterwards wasn't too complex, and the air fryer tray was not hard to wash. ↳ My family really enjoyed this meal and will likely make it again.	

Week.	Recipe.	Ingredients.	Time taken for preparation and cooking.	Level of clean-up required (minimal, moderate, heavy).	Taste rating (bad = 1 star, okay = 2 stars, good = 3 stars).	Additional Comments/Notes.	Picture.
4 (October 4-10).	Buffalo cauliflower bites. https://www.krazykitchenmom.com/air-fryer-buffalo-cauliflower-bites/?ref=fri-dgg	a. Cauliflower. b. Buffalo sauce. c. Butter. d. Garlic powder. e. Ranch dressing (optional). f. Celery (optional).	20 minutes.	Moderate.	★★★	<p>↳ I was surprised at how well this recipe turned out; it tasted very similar to something you might find at a restaurant!</p> <p>↳ The cauliflower itself was crisp and well-seasoned, making for a perfect side dish or appetizer.</p> <p>↳ Overall, other than a bit of chopping and stirring, the preparation process was simple and quick.</p> <p>↳ Cleaning the bottom tray of the air fryer was slightly difficult/tedious as the sauce had stuck - the only challenge I faced.</p>	
5 (October 11-17).	Chocolate glazed donuts. https://www.upstateramblogs.com/easy-air-fryer-donuts/	a. Canned biscuit dough. b. Butter. c. Corn syrup. d. Chocolate chips. e. Milk. f. Powdered sugar. g. Sprinkles/toppings (optional).	20 minutes.	Heavy.	★★	<p>↳ This recipe was simple and fast, which I appreciated.</p> <p>↳ Unfortunately, I could not quite get the glaze to thicken; it would glide off the donut almost immediately, making clean-up a tedious process.</p> <p>↳ The actual donuts themselves cooked perfectly in the air fryer, light and fluffy!</p> <p>↳ Because the actual dough was not homemade, and the glaze I did not fully turn out, I wouldn't say that these were an exact replica of a typical donut, but they were good in their own way.</p> <p>↳ It was fun to make a dessert in the air fryer, showing its versatility.</p>	

Week.	Recipe.	Ingredients.	Time taken for preparation and cooking.	Level of clean-up required (minimal, moderate, heavy).	Taste rating (bad = 1 star, okay = 2 stars, good = 3 stars).	Additional Comments/Notes.	Picture.
6 (October 18-24).	Chicken fajitas. https://littlesunnykitchen.com/air-fryer-chicken-fajitas/	a. Chicken breast. b. Bell peppers. c. Red onion. d. Fajita seasoning. e. Vegetable oil.	20 minutes.	Moderate.	★ ★ ★	<p>↳ This recipe proved to be yummy and straightforward, requiring only 5 ingredients and 20 minutes to make enough food for 4 or 50 people.</p> <p>↳ The chicken and veggies were very flavourful, as well as made tender in the air fryer.</p> <p>↳ I appreciated and liked the number of ways that the fajita filling could be enjoyed; in a wrap, over rice, or on a salad.</p> <p>↳ Overall, the clean-up process was not overly demanding, with only a few dishes needing to be washed.</p>	
7 (October 25-31).	Sweet potato fries. https://feelgoodfoodie.net/recipe/air-fryer-sweet-potato-fries/	a. Sweet potatoes. b. Olive oil. c. Salt. d. Pepper. e. Garlic powder. f. Paprika.					
8 (November 1-7).	Kale chips. https://www.fatherandus.com/air-fryer-kale-chips/	a. Kale. b. Garlic powder. c. Onion powder. d. Olive oil. e. Salt.					