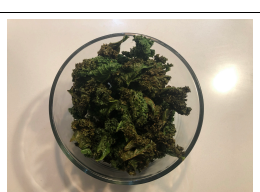
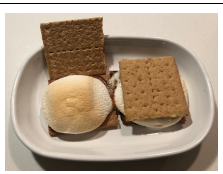
Week.	Recipe.	Ingredients.	Time taken for preparation and cooking.	Level of clean-up required (minimal, moderate, heavy).	Taste rating (bad = 1 star, okay = 2 stars, good = 3 stars).	Additional Comments/Notes.	Picture.
1 (September 14-19).						Brainstorm topic of inquiry.	
2 (September 20-26).						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.	35 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 airfryer 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 airfryer tray was not hard to wash. ↳ My family really enjoyed this meal and will likely make it again!	

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4 (October 4-10).	Buffalo cauliflower bites. https://www.krazykitchenmom.com/air-fryer-buffalo-cauliflower-bites/?ref=fridgg	a. Cauliflower. b. Buffalo sauce. c. Butter. d. Garlic powder. e. Ranch dressing (optional). f. Celery (optional).	20 minutes.	Moderate.	★★★	↳ I was surprised at how well this recipe turned out; it tasted very similar to something you might find at a restaurant. ↳ The cauliflower itself was crisp and well-seasoned, making for a perfect side dish or appetizer. ↳ Overall, other than a bit of chopping and stirring, the preparation process was simple and quick. ↳ Cleaning the bottom tray of the airfryer was slightly difficult/tedious as the sauce had stuck - the only challenge I faced.	
5 (October 11-17).	Chocolate glazed donuts. https://www.upstateramblings.com/easy-air-fryer-donuts/	a. Canned biscuit dough. b. Butter. c. Corn syrup. d. Chocolate chips. e. Milk. f. Powdered sugar. g. Sprinkles/toppi-ngs (optional).	20 minutes.	Heavy.	★★	↳ This recipe was simple and fast, which I appreciated. ↳ Unfortunately, I could not quite get the glaze to thicken; it would glide off the donut almost immediately, making clean-up a tedious process. ↳ The actual donuts themselves cooked perfectly in the airfryer, light and fluffy! ↳ Because the actual dough was not homemade, and the glaze 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. ↳ It was fun to make a dessert in the airfryer, showing its versatility.	

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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.	★★★	↳ This recipe proved to be yummy and straightforward, requiring only 5 ingredients and 20 minutes to make enough food for 4 or 5 people. ↳ The chicken and veggies were very flavourful, as well as made tender in the airfryer. ↳ I appreciated and liked the number of ways that the fajita filling could be enjoyed; in a wrap, over rice, or on a salad. ↳ Overall, the clean-up process was not overly demanding, with only a few dishes needing to be washed.	
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.	20 minutes.	Minimal.	★★★	↳ The first part of this recipe, peeling and chopping the sweet potatoes, was time consuming, but the other steps (and clean-up) required minimal work. ↳ One of the biggest downsides/obstacles I faced while cooking this was the limited size of the airfryer tray, "you could only fit so many fries in at a time, and thus not everything was finished together (3 batches were necessary. ↳ Overall, however, they were done relatively quickly and tasted great, being crisp and flavourful. ↳ Based off of this experience, I think that an airfryer would be the perfect appliance for a people because, keeping an entire event/one always needed and the right amounts of food can be prepared (suggesting more is challenging to coordinate).	
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.	10 minutes.	Minimal.	★★★	↳ Quite honestly, I have nothing bad to say about this recipe; it was so fast to prepare, about 5 minutes, cooked for only 6; shaking the airfryer tray halfway through, and came out crispy and salty- exactly as I was hoping. ↳ There were few dishes to clean-up; and my entire family commented on how the kale chips tasted like ones we would typically buy from the store.	

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9 (November 8-14).	Smores. https://glamperlife.com/air-fryer-smores/	a. Graham crackers. a. Marshmallows b. Chocolate squares.	5 minutes	Minimal.	★★★	↳ This recipe can be prepared and cooked in under 5 minutes. There are also practically no dishes or mess, so overall it was very quick and easy. ↳ The airfryer made the marshmallows golden-brown and perfectly gooey; almost better than over a fire - making these definitely reminded me of summer camping!	
10 (November 15-21).	Seasoned chicken and vegetables. https://gimmedelicious.com/air-fryer-chicken-and-veggies/	a. Chicken breast. a. Broccoli. b. Zucchini. c. Bell peppers. d. Yellow onion. e. Garlic. f. Olive oil. g. Garlic powder. h. Chili powder. i. Salt. j. Pepper. k. Italian seasoning.	20 minutes.	Moderate.	★★	↳ This recipe is a go-to for a busy night, when you have limited time to cook, but still want to prepare something healthy and homemade; overall it takes about 20 minutes to put together and there are minimal dishes leftover to wash. ↳ I appreciated the simplicity of this meal in that it only focuses on one "element" and doesn't require any multitasking. Something that I am especially loving about the airfryer is that there is no need to stir and watch your food as it cooks - you can easily just insert the tray and set an alarm. ↳ The veggies turned out so flavourful and crisp. The chicken, however, was somewhat dry, so I'll make a note to adjust the cooking time in the future.	

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11 (November 22-28).	Apple chips. https://www.myforkinglife.com/air-fryer-apple-chips/	a. Apples. b. Cinnamon.	30 minutes	Minimal.		↳ This recipe was complex as it first required me to use a special device called a mandolin to slice the apples finely-it was quite sharp so I had to be careful and cautious of where my fingers were. ↳ Unfortunately, I found that the apples did not fully dehydrate, even after allowing for additional cooking time (15+ 10 minutes). ↳ Because the apple chips did not crisp-up like they were supposed to, I gave a taste rating of 1/3 stars. However, cleaning up was quick with just 2 dishes needing to be washed.	
12 (November 29-December 5).						Reflect on learning process and evaluate if my goal was achieved.	