

COOKING IN THE BARRACKS: AIR FRYER MEALS MADE EASY



No kitchen? No problem.

Even small appliances can produce big flavor and nutrient-dense meals. Here's how to turn simple ingredients into quick, healthy meals that keep you fueled for every mission ahead.

1. **Preheat to improve texture and crispiness**
2. **Keep food in a single layer.**
3. **Give it a flip or shake halfway through to cook evenly.**

START WITH STAPLES

Use these temps, times and tips to prep your protein and crisp up satisfying sides.

Chicken breast

- 375°F for 12 to 15 minutes
Heat to 165°F and finish with oil and spices.

Steak

- 400°F for 8 to 12 minutes (flip halfway)
Heat to 135°F for medium-rare.

Salmon

- 380°F for 8 to 10 minutes
Cook skin-side down until
tender and flaky.

Broccoli

- 375°F for 6 to 8 minutes (flip halfway)
Toss in oil and garlic powder.

Sweet Potato Fries

- 380°F for 12 to 15 minutes
Remove excess starch by soaking for
30 minutes before cooking.

Zucchini

- 375°F for 6 to 8 minutes (flip halfway through)
Cook until tender with lightly crisp edges.
Toss with oil and seasoning.

MAKE IT A MEAL: Honey-Lime Salmon

Cook salmon as instructed.
Pair with cooked quinoa from the
microwave and/or salad greens.
Finish with a squeeze of lime and
fresh toppings like cucumber,
avocado, corn or tomatoes.



→ For the full recipe and other
mission-ready meal inspo, visit:
www.militaryonesource.mil/meal-kit.

★ SMART STEPS FOR SAFER COOKING

Clean: Wash hands, utensils and surfaces
before you start.

Contact: Keep cooked food away from
anything that has touched raw meat.

Cook: Make sure everything is cooked fully.
Use a food thermometer for meat and poultry.

→ MAKING LEFTOVERS LAST

- ✓ Store in the fridge within two hours.
- ✓ Cover or seal them tight.
- ✓ Eat within three to four days.