

Oil-Free Air Fryer Home Fries

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 45 minutes

Step 1: Prepare the Potatoes

- 3 medium Russet potatoes, diced in Prep the Potatoes:

½ " cubes

- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp of dried parsley
- ¼ tsp black pepper (optional)
- 1–2 TBSP of aquafaba* or freshly squeezed lemon juice
- Optional: nutritional yeast for added flavor

- Wash and dice potatoes into small, even-sized cubes (about ½ to ¾ inch).
- Soak in cold water for 10–15 minutes (removes excess starch)
- Drain and pat dry thoroughly with a cloth towel.

Season: In a large bowl, toss potatoes with aquafaba or lemon juice. Add all spices and toss again until well-coated.

Step 2: Air Fry the Potatoes

Preheat air fryer to 400°F (200°C).

Line air-fryer basket with a parchment paper liner. Place seasoned potatoes in the basket in a single layer (you may need to cook in batches).

Air fry for 15–20 minutes, shaking the basket at five minute intervals until golden and crisp.

Taste and adjust with additional seasonings. Serve hot with a reduced-sugar ketchup, a squeeze of fresh lemon juice, or your favorite hot sauce.

CHEF NOTES: Make certain that no extra liquid is added to the air-fryer basket, as this will cause the potatoes to steam rather than “fry.”

Aquafaba, the liquid from canned chickpeas, is used in air frying potatoes to help seasonings adhere without the need for oil. It acts as a binder, creating a sticky surface for spices and seasonings to cling to, resulting in evenly seasoned and crispy potatoes.