



Crispy Air Fryer Banana Peppers Recipe

The First Bite That Hooked Me

The crunch of golden panko. The creamy, spicy cheese oozing out. That first bite made me weak in the knees. My neighbor brought these to a potluck last summer. I ate three before asking for the recipe. **Ever wondered how you could turn banana peppers into something unforgettable?** Now I make them weekly. They're perfect for game nights or lazy dinners. Try them—you'll see why I'm obsessed.

My Kitchen Disaster Turned Win

My first try was messy. Cheese filling exploded in the air fryer. Smoke alarm sang its heart out. But the peppers still tasted amazing. **Home**

cooking teaches us to laugh at mistakes and keep going. Now I pipe the filling gently. No more kitchen fireworks. Share your funniest cooking fail below!

Why These Peppers Shine

– The smoked paprika adds a cozy, campfire vibe. – Panko gives that crave-worthy crunch without deep frying. **Which flavor combo surprises you most?** Is it the creamy cheddar or the smoky kick? I'd pick both.

A Pepper With History

Banana peppers came from South America. They traveled to Europe in the 1500s. Now they're a Midwest favorite for pickling and stuffing. *Did you know they're called "banana" for their color, not taste?* **Food always tells a story.** What's your favorite pepper memory?



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| Ingredient | Amount | Notes |
|-------------------------|---------|---|
| Banana peppers | 8 | Tops removed, seeds and membranes discarded |
| Cream cheese | 8 oz | Softened |
| Shredded cheddar cheese | 1 cup | |
| Garlic powder | 1/2 tsp | |
| Onion powder | 1/2 tsp | |
| Smoked paprika | 1/2 tsp | |
| Salt | 1/4 tsp | |
| Black pepper | 1/4 tsp | |
| Panko breadcrumbs | 1/2 cup | |
| Parmesan cheese | 1/4 cup | Grated |

| Ingredient | Amount | Notes |
|---------------|-----------|----------------------|
| Olive oil | 1 tbsp | |
| Cooking spray | As needed | For air fryer basket |

Tag a friend who'd love this twist on ingredients!

How to Make Crispy Air Fryer Banana Peppers

Step 1

See also [Crispy Homemade Pasta Chips Recipe](#)

Cut the tops off the banana peppers. Scoop out the seeds and membranes. Set them aside. This keeps the peppers neat for stuffing.

Step 2 Mix cream cheese, cheddar, and spices in a bowl. Stir until smooth. Taste and adjust salt if needed. (Hard-learned tip: Soften cream cheese first—it blends easier.) **Step 3** Fill each pepper with the cheese mix. Use a spoon or piping bag. Pack it tight so none spills out.

Step 4 Combine panko, Parmesan, and oil in another bowl. Roll each pepper in the mix. Press gently to stick. **Step 5** Preheat the air fryer to 375°F. Spray the basket lightly. Arrange peppers in one layer. Don't crowd them. **Step 6** Air fry for 8–10 minutes. Peppers should be tender, coating golden. Let cool a bit before eating. **What's the best way to remove pepper seeds?** Share below! **Cook Time:** 10 minutes **Total Time:** 25 minutes **Yield:** 8 servings **Category:** Appetizer, Snack —

Fun Twists on Stuffed Banana Peppers

Spicy Kick Add diced jalapeños or a dash of cayenne to the cheese mix. Heat lovers will crave it. **Meaty Upgrade** Mix in crumbled cooked bacon or sausage. Makes it hearty enough for a meal. **Veggie Delight** Swap cream cheese for goat cheese. Top with chopped herbs like chives or dill. **Which twist would you try first?** Vote in the

comments! —

Serving Ideas for Your Peppers

Pair with cool ranch dip or marinara sauce. Add a side of crisp celery sticks. For drinks, try a chilled lager or lemonade. Both balance the creamy, crunchy peppers well. **Which would you choose tonight?** Tell us below!

See also Old-Fashioned Rice Pudding

Fun fact: Banana peppers are milder than jalapeños—perfect for those who like flavor without too much heat.



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Storing and Reheating Tips

These crispy stuffed peppers taste best fresh but keep well too. Store leftovers in the fridge for up to 3 days. Reheat in the air fryer at 350°F for 3-5 minutes to keep them crispy. Freezing? Wrap each pepper in foil and freeze for up to 2 months. Thaw before reheating. *Fun fact: Banana peppers got their name from their curved shape, not their taste!* Batch-cooking tip: Double the filling and freeze half for a quick snack later. Why this matters: Meal prep saves time and cuts food waste. Ever tried freezing stuffed peppers before? Share your tricks!

Troubleshooting Common Issues

Run into problems? Here's how to fix them. If the filling oozes out, chill stuffed peppers for 15 minutes before coating. Coating won't stick? Lightly brush peppers with egg wash first. Peppers too soft? Air fry for 2-3 minutes less next time. Why this matters: Small tweaks make big differences in texture and flavor. My neighbor Linda swore hers fell apart—until she tried the egg wash trick. What's your biggest air fryer headache? Let's solve it together!

Your Questions Answered

Q: Can I make these gluten-free? A: Yes! Swap panko for gluten-free breadcrumbs or crushed pork rinds. **Q: How far ahead can I prep these?** A: Stuff and coat peppers 1 day ahead. Keep chilled until ready to air fry. **Q: What cheese swaps work?** A: Try pepper jack for heat or mozzarella for stretchiness.

See also Keto Baked Ziti

Q: Can I double the recipe? A: Absolutely. Cook in batches to avoid overcrowding the air fryer. **Q: What dips pair well?** A: Ranch, marinara, or a cool Greek yogurt sauce balance the spice.

Final Thoughts

These peppers are a crispy, cheesy win. Perfect for game night or a lazy snack. *Fun fact: I first made these for my grandkids—they licked the plate clean!* **Tag @SavoryDiscovery on Pinterest if you try them!** Love seeing your kitchen wins. Happy cooking! —Elowen Thorn