

Air Fryer Vegetables

Ingredients

Tender vegetables

- Crucifers: broccoli, cauliflower, Brussels sprouts
- Soft vegetables: onion, bell pepper, tomato
- Thin vegetables: asparagus, green beans

Firm vegetables

- Root vegetables: carrots, beets, potato, parsnip
- Winter squash: butternut, acorn, pumpkin

Frozen vegetables

- Any of the above

Instructions

- **Tender Veggies:** Preheat air fryer to 375°F. Prep veggies by chopping them to the size you want, optionally drizzling with oil (this will make them a bit more roasted tasting in the end). Add to your air fryer in as flat of a layer as possible and cook for 10 to 15 minutes, shaking the air fryer pan once or twice during cooking to promote even cooking.
- **Firm Veggies:** Preheat air fryer to 375°F. Prep veggies by chopping them to the size you want (remember: smaller pieces cook faster!) Optionally drizzle with oil and add to your air fryer in as flat of a layer as possible. Cook for 20 to 30 minutes, shaking the air fryer pan a few times during cooking to promote even cooking.
- **Frozen Veggies:** Figure out which category your veggie falls under (tender or firm, see notes above), then just add a few minutes to the cooking time to account for the veggies having to thaw during the cooking process. Be sure to give space between your veggies to ensure they become perfectly roasted.

Don't have an air fryer?

[Check out this guide on "How to Roast Any Vegetable"](#)

