

# Air Fryer Vegetables

PREP TIME 10 minutes  
COOK TIME 10 minutes  
TOTAL TIME 20 minutes  
SERVINGS 4  
AUTHOR [Holly Nilsson](#)



★★★★★  
5 from 10 votes

Perfectly seasoned and air fried until crispy, these Air Fryer Vegetables are ready in 20 minutes!

## Ingredients

- 1 red bell pepper chopped
- 1 cup mushrooms halved
- 1 small zucchini cut into 1/2" moons
- 2 cloves garlic minced
- 1 tablespoon olive oil
- 1/2 teaspoon [Italian seasoning](#)
- salt & pepper to taste
- 1 tablespoon parmesan cheese grated

## Instructions

1. Preheat air fryer to 380°F.
2. Toss all ingredients except parmesan cheese.
3. Place in a single layer in the air fryer.
4. Cook 6 minutes, toss and sprinkle with parmesan cheese.
5. Cook an additional 3-5 minutes or until tender crisp.

## Nutrition Information

Calories: 58, Carbohydrates: 4g, Protein: 2g, Fat: 4g, Saturated Fat: 1g, Cholesterol: 1mg, Sodium: 25mg, Potassium: 226mg, Fiber: 1g, Sugar: 2g, Vitamin A: 1005IU, Vitamin C: 44mg, Calcium: 29mg, Iron: 1mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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