



## Air Fryer Cauliflower



Super simple and delicious crispy Air Fryer cauliflower! Thanks to the Air Fryer, you can easily and quickly make tasty cauliflower with just a handful of ingredients in no time. 4.99 from 63 votes

 <b>Course</b>	side
 <b>Cuisine</b>	International
 <b>Prep Time</b>	5 minutes
 <b>Cook Time</b>	15 minutes
 <b>Total Time</b>	20 minutes
 <b>Servings</b>	4 servings
 <b>Calories</b>	49kcal
 <b>Author</b>	<a href="#">Diana</a>

### Equipment

- Air fryer

### Ingredients

- 1 small **cauliflower head** cut into florets
- 1 tablespoon **olive oil**
- ¼ teaspoon **ground turmeric**
- ½ teaspoon **smoked paprika**
- ½ teaspoon **salt**
- ¼ teaspoon **ground black pepper**

### Instructions

1. Drizzle the cauliflower florets with olive oil, then toss with turmeric, smoked paprika, salt, and pepper so that they're well coated in the seasoning.
2. Roast in the Air Fryer at **390°F (200°C)** for around 15 minutes flipping every 3 minutes.
3. When the air frying process is done, remove from the air fryer basket and serve on a plate. It can be enjoyed either warm or cold.

### Notes

- You have to keep an eye on the cauliflower as it's being roasted in the Air Fryer as it can burn easily, it's also different from one cauliflower to another depending on the freshness of the cauliflower and the density of the florets (so it might take less or more time). Check every 3 minutes and shake the basket so that the florets are roasted evenly.
- Use your favorite seasonings. You can add curry powder, cumin, coriander, garlic powder, onion powder, chili powder, etc.

- You can use avocado, or corn oil instead of olive oil.

### **Nutrition**

Calories: 49kcal | Carbohydrates: 4g | Protein: 1g | Fat: 4g | Saturated Fat: 1g | Sodium: 311mg | Potassium: 198mg | Fiber: 1g | Sugar: 1g | Vitamin A: 123IU | Vitamin C: 32mg | Calcium: 15mg | Iron: 1mg

[littlesunnykitchen.com](http://littlesunnykitchen.com)

# Air Fryer Cauliflower

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Prep Time: 20 mins

Cook Time: 15 mins

Serves 4

This crispy air fryer cauliflower is a fun, delicious snack or side dish!

## Ingredients

- 1 cup panko bread crumbs
- 1½ teaspoons smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon cayenne
- ¼ heaping teaspoon sea salt
- 1 large egg
- 2 cups small cauliflower florets
- Extra-virgin olive oil, for drizzling
- Lemon wedges, for serving
- Tartar Sauce, for serving

## Instructions

1. On a rimmed tray, mix the panko, smoked paprika, garlic, onion, cayenne, and salt. In a small shallow bowl, lightly beat the egg.
2. Preheat the air fryer to 370°F.
3. Dip each cauliflower floret into the egg, coat with the panko mixture, then place onto a large plate. Drizzle the cauliflower with olive oil and place into the air fryer basket in a single layer with a little space between each floret. Don't overcrowd the basket. Work in batches if necessary. Air fry for 9 to 12 minutes, or until golden brown and crisp. The exact timing will depend on your air fryer. Repeat with any remaining cauliflower.
4. Serve with lemon wedges and tartar sauce.

## Equipment

# Air Fryer Cauliflower

PREP TIME	5 minutes
COOK TIME	14 minutes
TOTAL TIME	19 minutes
SERVINGS	4
AUTHOR	<a href="#">Holly Nilsson</a>



★★★★★  
5 from 12 votes

Seasoned Air Fryer Cauliflower is ready in less than 20 minutes, making it the perfect side dish!

## Ingredients

- 1 head cauliflower cut into florets
- 2 tablespoons olive oil
- ½ teaspoon garlic powder
- salt & black pepper to taste
- ⅓ cup parmesan cheese finely shredded

## Instructions

1. Cut cauliflower into florets. Wash and drain very well.
2. Combine olive oil, garlic powder, salt, and pepper in a small bowl. Toss with cauliflower.
3. Preheat air fryer to 390°F.
4. Place cauliflower in the air fryer basket and cook 12 minutes.
5. Sprinkle with parmesan and cook an additional 2-3 minutes or until florets reach desired doneness.

## Notes

If the cauliflower is wet (after washing) it will steam instead of roast so be sure to drain very well. If possible, I try to wash the cauliflower the day before roasting.

For crispier cauliflower, cook in small batches in a single layer. Place all cauliflower in the air fryer together for 2 minutes before serving to heat.

To reheat, air fry 3-4 minutes or until heated through.

## Nutrition Information

Calories: 132, Carbohydrates: 8g, Protein: 6g, Fat: 10g, Saturated Fat: 2g, Cholesterol: 6mg, Sodium: 177mg, Potassium: 430mg, Fiber: 3g, Sugar: 3g, Vitamin A: 65IU, Vitamin C: 69mg, Calcium: 130mg, Iron: 1mg

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

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Air Fryer Cauliflower <https://www.spendwithpennies.com/air-fryer-cauliflower/>

# Air Fryer Brussel Sprouts

PREP TIME	10 minutes
COOK TIME	7 minutes
TOTAL TIME	12 minutes
SERVINGS	4 servings
AUTHOR	<a href="#">Holly Nilsson</a>



★★★★★  
5 from 8 votes

With a pleasantly chewy texture and a hint of crispness at the edges!

## Ingredients

- 1 pound brussels sprouts halved, or quartered if extra large
- 1 tablespoon olive oil
- salt and pepper to taste

## Instructions

1. Toss brussels sprouts with olive oil, salt, and pepper.
2. Cook in the Air Fryer at 375°F for 4 minutes.
3. Shake and cook for an additional 3 minutes, or just until tender.

## Notes

Select Brussels sprouts that are similar in size. If you have some smaller and some larger, cut the larger ones in half.

Add any kind of seasonings you like. We love cajun seasoning and garlic powder.

A sprinkle of parmesan or a drizzle of balsamic glaze is great on these sprouts after they come out of the air fryer.

## Nutrition Information

Calories: 80, Carbohydrates: 10g, Protein: 4g, Fat: 4g, Saturated Fat: 1g, Sodium: 28mg, Potassium: 441mg, Fiber: 4g, Sugar: 2g, Vitamin A: 855IU, Vitamin C: 96mg, Calcium: 48mg, Iron: 2mg

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

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Air Fryer Brussel Sprouts <https://www.spendwithpennies.com/air-fryer-brussel-sprouts/>

# 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

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Air Fryer Vegetables <https://www.spendwithpennies.com/air-fryer-vegetables/>

## Air Fryer Steak



Alyssa Rivers

This Air Fryer Steak is impeccably seared on the outside and tender juicy on the inside. Cooking steak in an air fryer will create extra flavor and a delicate texture to truly satisfy!

★★★★★ 4.93 from 14 votes



PREP TIME  
10 mins

COOK TIME  
20 mins

TOTAL TIME  
30 mins



COURSE  
Dinner, Main Course

CUISINE  
American

SERVINGS  
2 Steaks



CALORIES  
506 kcal

### INGREDIENTS

- 1-2 Ribeye New York, or Tri Tip Steaks (1 inch thick)
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- salt and pepper

### Garlic Herb Butter:

- 1/4 cup butter softened
- 1 garlic clove minced
- 1 teaspoon fresh rosemary
- 1 teaspoon fresh thyme
- 1 teaspoon fresh parsley

### INSTRUCTIONS

1. Preheat the air fryer to 400 degrees. Prepare the steaks by rubbing olive oil on each side. Rub the Italian seasoning, and salt and pepper on each side.
2. Add the steak to the air fryer basket and cook for 12 minutes, turning over after 6 minutes for medium. Let the steak rest for 10 minutes and top with garlic butter.

### NUTRITION

Calories: 506kcal  
Fat: 46g  
Sodium: 262mg  
Sugar: 1g  
Calcium: 31mg

Carbohydrates: 1g  
Saturated Fat: 23g  
Potassium: 303mg  
Vitamin A: 757IU  
Iron: 2mg

Protein: 23g  
Cholesterol: 130mg  
Fiber: 1g  
Vitamin C: 2mg

Air Fryer Steak <https://therecipecritic.com/air-fryer-steak/>

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