

Air Fryer Vegetable Cooking Guide

Broccoli



400° F for 6 min.

Cauliflower



400° F for 12-15 min.

Green Beans



400° F for 6-8 min.

Chickpeas



400° F for 12-17 min.

Asparagus



400° F for 5 min.

Sweet Potato



380° F for 30-35 min.

Zucchini



400° F for 12 min.

Lightly coat with olive oil and season.