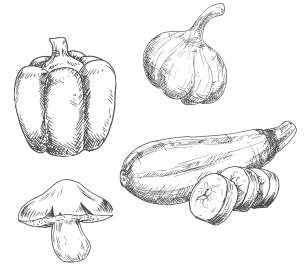


Air Fryer Vegetables

Yield: 4 Serving

Recipe by Holly Nilsson from *Spend with Pennies*



Ingredients

- 1 red bell pepper, *chopped*
- 1 cup portobello mushrooms, *halved*
- 1 small zucchini, *cut into 1/2" moons*
- 2 cloves garlic, *minced*
- 1 tablespoon olive oil
- 1/2 teaspoon Italian seasoning
- Salt and pepper, *to taste*
- 1 tablespoon parmesan cheese, *grated*

Directions

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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