

Air Fryer Brussel Sprouts with Carrots and Summer Squash

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Yield: 2 Servings

Ingredients

- 1 Pound Fresh Brussel Sprouts, cleaned, trimmed, & cut into halves
- 2 Large Carrots, cleaned and sliced into 1 inch pieces
- 1 Summer Squash, cleaned and sliced into 1 inch pieces
- 3 Tablespoons Oil, your choice of Olive Oil, Grape Seed Oil, etc.
- 1/2 Teaspoon or To Taste Dried Oregano
- 1 Teaspoons or To Taste Granulated Garlic or Garlic Powder
- 2 Teaspoons or To Taste Dried Thyme
- 1 Tablespoon or To Taste Grand Diamond All Purpose Seasoning
- To Taste Parmesan Cheese

Directions

Preheat the Air Fryer to 370 degrees

In a large bowl, toss the vegetables with the oil and seasonings. Lay them evenly onto 1 or 2 racks and cook for about 30 minutes or to the desired texture. Sprinkle with Parmesan cheese and serve.



Recipe Link to Air Fryer Lemon Pepper Wings- <https://bit.ly/2UuoWTU>