

11 Garden Vegetables You Can Cook in an Air Fryer



In the realm of kitchen gadgets, the air fryer has surged in popularity for its ability to deliver crispy, delicious food without the excessive use of oil. This magic appliance isn't just for frozen fries or chicken wings; it's a fantastic tool for cooking fresh garden vegetables. Whether you're a seasoned gardener with a bounty of produce or someone who loves picking up fresh veggies from the local market, the air fryer can transform these garden treasures into delectable, healthy sides or main courses. Here are 11 garden vegetables that are perfect for air frying.

1. Zucchini



Zucchini is a versatile vegetable that takes on a delightful texture when cooked in an air fryer. Sliced into rounds or batons, they become irresistibly crispy on the outside and tender on the inside. Zucchini fries or chips can be a healthier alternative to traditional potato versions, offering a great way to use up the summer squash abundance.

2. Brussels Sprouts



Once the bane of many a childhood dinner, Brussels sprouts have made a culinary comeback, especially when they're air-fried. The high heat of the air fryer chars the outer leaves while keeping the interior soft and sweet. Halve them for quicker cooking, and consider adding a bit of balsamic vinegar before air frying for a delightful tang.

3. Carrots



When roasted, carrots develop a deep, sweet flavor; the air fryer accelerates this process, creating caramelized edges and a tender heart. Cut carrots into sticks or rounds before air frying, or use baby carrots for an easy, nutritious snack or side dish that even kids will love.

4. Sweet Potatoes



Sweet potatoes are a nutritious powerhouse, and air frying them makes them a crispy treat. Whether you prefer sweet potato fries, cubes, or slices, the air fryer delivers a crispy exterior and a fluffy, sweet interior without the need for deep frying.

5. Bell Peppers



Sliced bell peppers become wonderfully blistered and sweet in the air fryer. You can toss them with a bit of olive oil and seasoning for a quick side dish or include them as part of a mixed vegetable medley. Their natural sweetness is enhanced, making them a hit even with those who might not be big fans of peppers.

6. Green Beans



Green beans are another garden vegetable that takes well to air frying, becoming crispy and flavorful. A quick toss with garlic powder and a sprinkle of salt before air frying can transform these humble beans into a crunchy, addictive snack or side.

7. Asparagus



Asparagus spears turn wonderfully tender and slightly charred when cooked in an air fryer. Their natural flavors intensify, making them a perfect pairing with a squeeze of lemon and a sprinkle of Parmesan cheese for a gourmet touch.

8. Broccoli



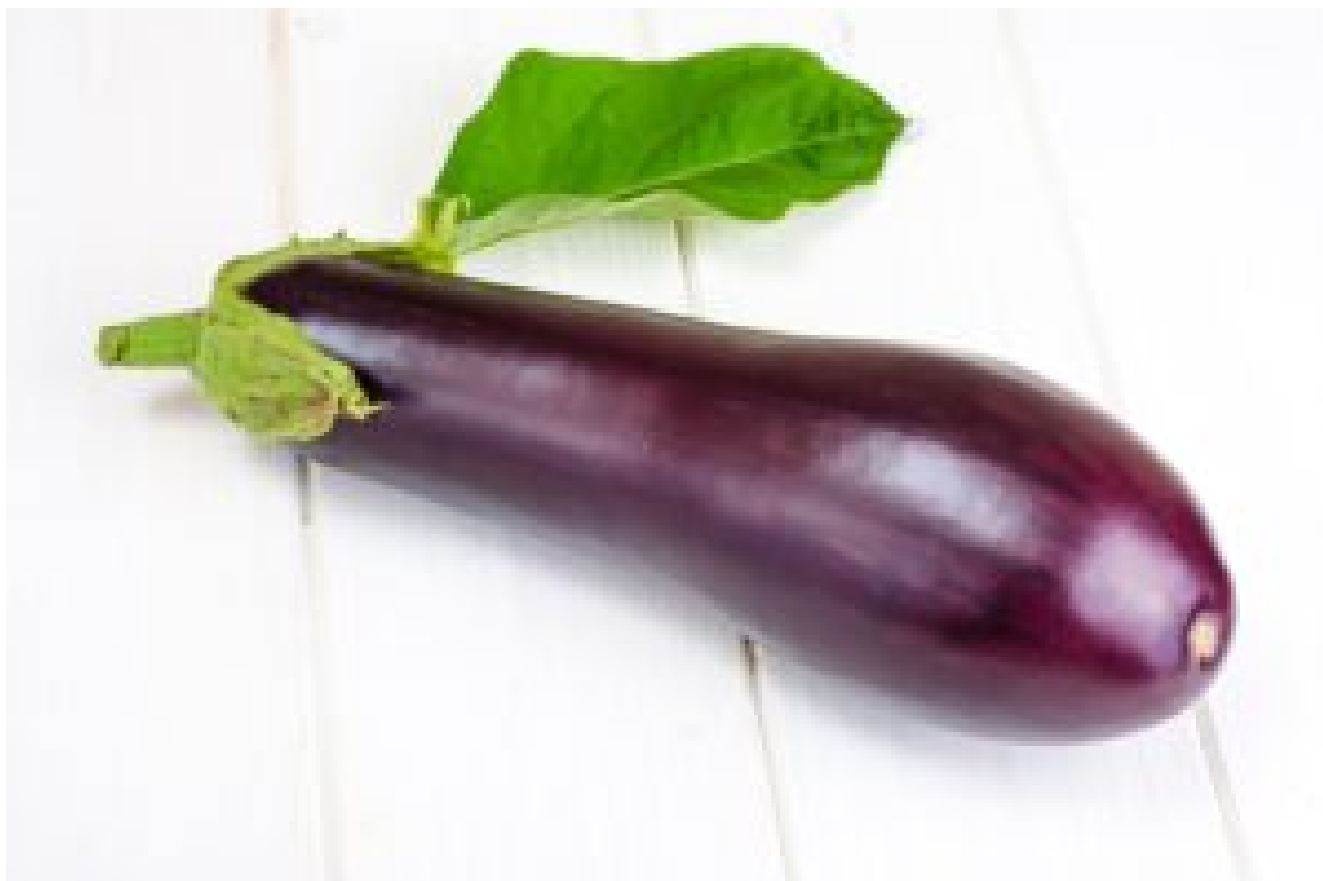
Broccoli florets become crispy and fantastically flavorful in the air fryer, with the edges taking on a delightful char. This method can convert even self-proclaimed broccoli skeptics, offering a crispy, delicious way to enjoy this nutrient-rich vegetable.

9. Cauliflower



Like broccoli, cauliflower transforms in the air fryer, with the florets becoming crispy, golden, and irresistible. When tossed in your favorite spices before air frying, cauliflower can take on a whole new level of flavor, making it a versatile side dish.

10. Eggplant



Eggplant slices or cubes become wonderfully tender and slightly crispy when air-fried. It's a great way to enjoy this vegetable without it becoming greasy, as it often does when fried. Seasoned with herbs and spices, air-fried eggplant can be a delightful vegetarian treat.

11. Kale



Kale might not be the first vegetable that comes to mind for air frying, but it makes excellent chips. Torn into pieces, massaged with a bit of oil, and seasoned, kale cooks down into crunchy chips that are a healthier alternative to store-bought snacks.

Embracing the Air Fryer for Garden Vegetables



The versatility of the air fryer means that the possibilities for creating tasty meals are essentially endless. You can experiment with different seasoning blends, cooking times, and vegetable combinations to create an array of dishes that celebrate the best of what garden-fresh produce offers. So, next time you harvest your garden vegetables or return from the market with a basket full of greens, consider turning to your air fryer for a quick, healthy, and delicious cooking method that will make your vegetables shine.

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