Air-Fryer French Onion Cauliflower

1/2 of recipe (about 1 1/2 cups): 133 calories, 7g total fat (1g sat. fat), 335mg sodium, 15g carbs, 6.5g fiber, 6g sugars, 5g protein

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Prep: 5 minutes   **Cook:** 15 minutes

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Ingredients

5 cups (about 1 large head) cauliflower florets
1 tbsp. olive oil
1 tbsp. <u>French onion (or traditional onion) soup/dip seasoning mix</u>

Directions

Place cauliflower in a large bowl. Add oil, and toss to coat. Sprinkle with seasoning mix, and toss to coat.

Place 2 tbsp. water in the base of an air fryer. (This will prevent smoking.)

Set air fryer to 400ºF. Cook until tender and lightly browned, 10–12 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 425ºF until tender and lightly browned, 15–20 minutes.

So easy to make… Need proof? <u>Click to watch</u> the quick video!

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