



## 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. [French onion \(or traditional onion\) soup/dip seasoning mix](#)

### 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 400°F. Cook until tender and lightly browned, 10–12 minutes.

MAKES 2 SERVINGS

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

**So easy to make... Need proof?** [Click to watch](#) the quick video!

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