



## Air-Fryer Ranch Broccoli



1/2 of recipe (about 1 1/4 cups): 135 calories, 7g total fat (1g sat. fat), 120mg sodium, 12g carbs, 4.5g fiber, 3g sugars, 5g protein

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**Prep:** 5 minutes    **Cook:** 10 minutes



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### Ingredients

5 cups (about one 12-oz. bag) broccoli florets  
1 tbsp. olive oil  
1/2 tsp. ranch dressing/dip seasoning mix

### Directions

Place broccoli in a large bowl. Add oil, and toss to coat. Sprinkle with ranch 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 on the inside and crisp on the outside, 8–10 minutes.

MAKES 2 SERVINGS

**Oven Alternative:** Bake at 400°F for 18–20 minutes, until tender on the inside and crisp on the outside.

**Want to see how it's made?** [Click to watch!](#) So easy...

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