



## Fajita-Spiced Air-Fried Veggies



1/2 of recipe: 124 calories, 7g total fat (1g sat. fat), 313mg sodium, 14g carbs, 4g fiber, 5.5g sugars, 2g protein

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



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### Ingredients

1 cup broccoli florets  
1 cup carrot sticks  
4 oz. (about 5) mini sweet bell peppers  
1 tbsp. olive oil  
1 tbsp. fajita seasoning  
Optional dips: light sour cream, salsa

### Directions

Place veggies in a large bowl. In a small bowl, mix oil and fajita seasoning. Add oil mixture to the large bowl, and toss to coat.

Spray an [air fryer](#) with non-aerosol nonstick spray. (Or use a [parchment](#) or [silicone liner](#).)

Place veggies in the air fryer. Set air fryer to 390°F (or the nearest degree). Cook until tender on the inside and crisp on the outside, 12–14 minutes, shaking the basket halfway through.

MAKES 2 SERVINGS

**Oven Alternative:** Bake at 425°F until tender and browned, about 20 minutes, flipping halfway through.

**HG FYI:** Not all fajita seasonings are gluten free, so read labels carefully if that's a concern.

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