

# COOKING FOR WELLNESS

## Roasted Vegetable Medley – Air Fryer Recipe

### Ingredients

- 1 sliced red pepper
- 1 sliced orange pepper
- 1 sliced zucchini
- 1 slice summer squash
- ~1 T olive oil
- Pinch of salt and pepper
- Garlic powder
- Onion powder

### Instructions

1. Prep all vegetables in the same size to even cooking
2. Spray cut vegetables with olive oil and seasonings
3. Place in an even layer into the air fryer. Cook for 12-15 min at 375 degrees. Open halfway through and toss



### Nutrition Facts

1 cup serving  
75 calories, 10 gm carb, 4 gm fat, 2 gm protein



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