

Air Fried Sweet Mini Peppers with Onion and Zucchini

This is one of my favorite method to “roast” sweet mini peppers. It is super easy and fast...it’s lightly caramelized and perfect on bread, crackers or salad.



I love the colors of the sweet pepper, so summery and refreshing. Many times we just eat them raw...crunchy and sweet, but sometimes I like to enhance the sweetness of the peppers by roasting...

I used to roast mini peppers in the oven...but since I got the air-fryer, this is my preferred way to "roast" almost anything...I love how even and caramelized the sweet peppers turned out in the air-fryer. All the excess liquid, either from the washing or the pepper itself just drains out of the basket.

This recipe is very versatile, you can air-fry only the mini peppers or mix and match it with all kind of vegetables, I decided to go with zucchini and onion as I had them handy, but feel free to use whatever vegetable you have available such as carrots, eggplant, yellow squash...

Once the vegetables are air fried and seasoned you can keep them in the refrigerator for a few days and serve cold, which I love during warm weather.

Ingredients:

1 lb sweet pepper

1-2 zucchinis

1 medium size onion

Olive Oil

Balsamic Vinegar to taste

Freshly ground salt and pepper to taste



Method:

Preheat air fryer to 400F.

Wash and slice in half the sweet peppers and remove the seed. Slice the zucchini and the onion.

In a large bowl place the sweet mini peppers and drizzle with olive oil.

Carefully place the sweet peppers in the air fryer basket and let it cook for approximately 15 minutes. Make sure to shake

the basket in between. Remove from the basket and place in a large bowl.

Do the same with the onion and zucchini. Once the onion and zucchini are done place them together with the sweet peppers.

Add salt and pepper and drizzle balsamic vinegar to taste. Toss gently.

Serve warm or cold.





I hope you enjoy this simple method of roasting mini sweet peppers...for more air-fryer recipes, please check [HERE](#).



Did you know that peppers contain large amount of antioxidants such as lycopene, beta carotene, lutein and zeaxanthin?

These carotenoids are important, especially for the eyes.



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