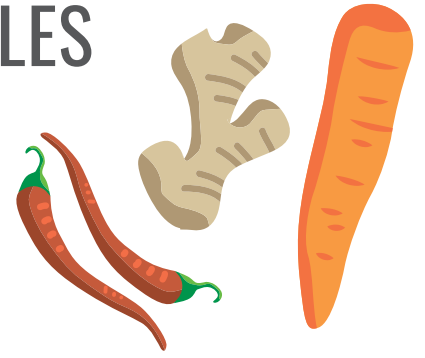
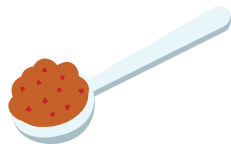


10 FLAVORS FOR AIR FRYER VEGETABLES

For each pound of vegetables, combine 1 Tbsp of cooking oil, some salt and pepper, and the listed seasonings. Toss with vegetables halfway through cooking.

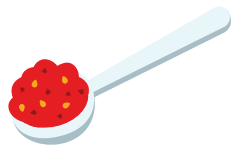


FLAVOR	INGREDIENTS
 ITALIAN HERB	2 tsp Red Wine Vinegar 1 tsp Italian Seasoning ½ tsp Lemon Zest
 MIDDLE EASTERN	2 tsp Red Wine Vinegar 2 tsp Za'atar
 SWEET AND TANGY CHINESE	2 tsp Hoisin Sauce 1 tsp Rice Vinegar ½ tsp Toasted Sesame Oil
 HONEY ADOBO	2 tsp Honey 1 tsp Adobo Sauce (from a can of chipotles in adobo) ½ tsp Ground Cumin
 THAI CURRY	2 tsp Thai Curry Paste (red, green, or yellow) 1 tsp Low-Sodium Soy Sauce 1 tsp Lime Juice



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2 tsp Red or White Wine Vinegar
1 tsp Chili Powder
1 tsp Ground Cumin
½ tsp Ground Coriander
½ tsp Garlic Powder



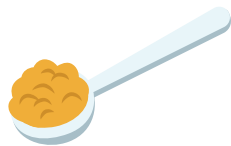
SPICY CHILI-GARLIC

1 tsp Low-Sodium Soy Sauce
1 tsp Rice Vinegar
1 tsp Chili Garlic Sauce



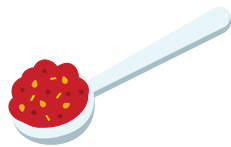
HONEY DIJON

2 tsp Honey
2 tsp Dijon Mustard
1 tsp Cooking Oil



INDIAN CURRY

1 tsp Cooking Oil
1 tsp Garam Masala
½ tsp Mild Curry Powder



CAJUN SPICE

1 tsp Low-Sodium Soy Sauce
1 tsp Cajun Spice Blend
½ tsp Lemon Zest