

Air Fryer Sweet Potatoes

Servings: 4

Prep time: 10 minutes

Cook time: 15 - 20 minutes

Ingredients:

- 2 medium sweet potatoes, washed and diced
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon smoked paprika
- Salt and pepper to taste

Directions:

Step 1

Preheat Air Fryer: Preheat the air fryer to 400°F (200°C).

Step 2

Prepare Sweet Potatoes: In a large bowl, toss the sweet potato with olive oil, garlic powder, onion powder, smoked paprika, salt, and pepper.

Step 3

Air Fry: Arrange the seasoned sweet potato in a single layer in the air fryer basket.

Step 4

Cook: Cook for 15-20 minutes, or until tender and golden brown, flipping halfway through cooking.

Step 5

Serve: Serve hot and enjoy!

Tips and Variations

- **Spice it up:** Add a pinch of red pepper flakes or cayenne pepper for some heat.
- **Herb it up:** Add dried herbs like thyme or rosemary to the seasoning.
- **Make Ahead:** You can prepare the sweet potato with the seasonings ahead of time and store them in the refrigerator until ready to air fry.
- **Different Cuts:** Try using other vegetables like Brussels sprouts, broccoli florets, or carrots.

Enjoy! These gluten-free air-fried sweet potatoes are a delicious and healthy side dish that's perfect for any meal.