

Roasted Squash



We find one of the best ways to enjoy the taste of our fresh vegetables is just to roast them. We use the same recipe for countless things like carrots, beets, turnips, eggplant, cauliflower – you name it. This example was from the summer when our squash was really putting out the fruit. We use the air fryer instead of our oven to keep from heating up the house.

Ingredients

Fresh squash

Olive oil

Salt

- 1) Chop squash (or other veggies) into cubes and place in large bowl. We peel things like turnips and eggplant first.



- 2) Add a liberal amount of olive oil and a few pinches of salt and stir to coat the squash.
- 3) Set the air fryer to fry mode (ours Ninja calls it “air crisp”) and put on highest temperature. The time will vary depending on how much you are trying to cook. The 8 squash in this example will take about 30 minutes. Stir a few times while cooking.



- 4) The trick for good roasted vegetables is to let them get good and roasted without burning. The picture on the left is the squash in the air fryer just before they are ready (maybe cooked another 2-3 minutes). Note the tips are starting to brown. The picture on the right is when the squash is cooked. The roasted vegetables take on a nutty taste when fully roasted.

