# HOORVIA — AIR FRYER VEGETABLE COOKING TIMES & PREP CHART

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Quick Reference Cheat Sheet • Root Veggies vs Tender Greens • 20 Fresh Vegetables • US Letter (8.5" × 11")

## ■ CRUCIFEROUS & FLORET VEGETABLES (CRISPY EDGES)

| Vegetable & Cut Size | Temp (°F / °C) | Cooking Time | Oil & Moisture Prevention Note |
|---|---|---|---|
| **Broccoli Florets (1.5-inch pieces)** | 380°F / 195°C | 7–9 min | Add 1 tbsp water to bottom drawer so tips don't burn |
| **Cauliflower Florets (1.5-inch)** | 390°F / 200°C | 11–14 min | Toss in 1 tbsp oil + turmeric/garlic; shake halfway |
| **Brussels Sprouts (Halved lengthwise)** | 390°F / 200°C | 12–15 min | Soak in water 10 min prior for tender insides |
| **Cabbage Steaks (1-inch thick rounds)** | 375°F / 190°C | 12–14 min | Brush both sides with oil/butter; do not flip |
| **Kale Chips (Stems removed, dry)** | 325°F / 160°C | 4–5 min | Low temp! Check at 3 min; massage w/ 1 tsp oil |

## ■ TENDER & HIGH-MOISTURE VEGETABLES (FAST ROAST)

| Vegetable & Cut Size | Temp (°F / °C) | Cooking Time | Crispness & Prep Tip |
|---|---|---|---|
| **Asparagus Spears (Woody ends snapped)** | 400°F / 200°C | 6–8 min | 6 min for thin spears, 8 min for thick jumbo spears |
| **Green Beans (Trimmed whole)** | 390°F / 200°C | 7–9 min | Pat dry completely; shake at 4 min for blistered skin |
| **Zucchini / Yellow Squash (1/2-inch moons)** | 390°F / 200°C | 8–10 min | Salt right before serving so they don't get mushy |
| **Bell Peppers & Onions (Fajita strips)** | 390°F / 200°C | 8–10 min | Shake halfway; great with 1 tsp Fajita seasoning |
| **Whole Cremini / Button Mushrooms** | 390°F / 200°C | 8–10 min | Toss in balsamic & oil; shake at 5 min |
| **Corn on the Cob (Whole ears)** | 390°F / 200°C | 10–12 min | Rub with butter/oil; turn halfway for charred kernels |
| **Eggplant Cubes (1-inch pieces)** | 390°F / 200°C | 10–12 min | Needs 1.5 tbsp oil (spongy flesh absorbs oil fast) |

## ■ DENSE ROOT & STARCH VEGETABLES

| Vegetable & Cut Size | Temp (°F / °C) | Cooking Time | Prep & Fork-Tender Method |
|---|---|---|---|
| **Baby Potatoes (Halved)** | 400°F / 200°C | 16–20 min | Shake every 6 min; toss w/ rosemary & garlic powder |
| **Whole Baked Russet Potato (8 oz)** | 400°F / 200°C | 38–45 min | Pierce 6 times w/ fork; rub skin w/ oil & coarse salt |
| **Sweet Potato Cubes (3/4-inch)** | 390°F / 200°C | 14–17 min | Shake halfway; don't overcrowd |
| **Carrots (1/2-inch diagonal coins)** | 390°F / 200°C | 13–16 min | Toss w/ 1 tsp honey + oil in last 3 min |
| **Butternut Squash Cubes (1-inch)** | 390°F / 200°C | 15–18 min | Shake twice; fork-tender with caramelized edges |
| **Whole Beets (Foil-wrapped, medium)** | 390°F / 200°C | 35–40 min | Peel slips right off under cool water after cooking |

**PRO TIP:** Use dry granulated garlic and onion powder instead of fresh minced garlic when air frying vegetables at 390°F–400°F. Fresh minced garlic burns bitter in 4 minutes—stir fresh garlic in right when the veggies come out hot!
**USDA SAFE MINIMUM INTERNAL TEMPS: Poultry: 165°F (74°C) • Ground Beef/Pork: 160°F (71°C) • Whole Steaks, Chops & Seafood: 145°F (63°C)**

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