



VEGETARIAN

AIR FRYER RECIPES



11 VEGETARIAN AIR FRYER RECIPES

LET'S GET FRYING!

Have a new air fryer and not sure what recipes to make with it? Or are you a seasoned air frying pro looking for some fresh inspiration?

Whichever camp you fall into, you're going to love these easy vegetarian air fryer recipes!

Not sure which air fryer to buy?

Here are a few of our favorites:

- [Philips](#) - Best Basket Air Fryer
- [Cosori](#) - Best Selling Air Fryer
- [GoWISE](#) - Best Color Selection

See the full breakdown of our [favorite air fryers here!](#)



HI, I'M SARAH!

Bachelor's in Nutrition,
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make easy vegetarian recipes,
one ingredient at a time.

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CRISPY AIR FRIED TOFU

*Serves 4
Ready in 45 min*



INGREDIENTS

- ❑ 1 16-oz block extra-firm tofu (453 g)
- ❑ 2 Tbsp soy sauce (30 mL)
- ❑ 1 Tbsp toasted sesame oil (15 mL) - substitute olive oil if needed
- ❑ 1 Tbsp olive oil (15 mL)
- ❑ 1 clove garlic minced

DIRECTIONS

- 1. Press:** Press tofu for at least 15 minutes, using either a tofu press or by setting a heavy pan on top of it, letting the moisture drain. When finished, cut tofu into bite-sized blocks and transfer to a bowl.
- 2. Flavor:** Combine all remaining ingredients in a small bowl. Drizzle over tofu and toss to coat. Let tofu marinate for an additional 15 minutes.
- 3. Air Fry:** Preheat your air fryer to 375 degrees F (190 C). Add tofu blocks to your air fryer basket in a single layer. Cook for 10 to 15 minutes, shaking the pan occasionally to promote even cooking.

Original recipe and photos here!

BUTTERMILK FRIED MUSHROOMS

*Serves 2
Ready in 45 min*



INGREDIENTS

- ❑ 2 heaping cups oyster mushrooms
- ❑ 1 cup buttermilk (240 mL)
- ❑ 1 1/2 cups all-purpose flour (200 g)
- ❑ 1 tsp each salt, pepper, garlic powder, onion powder, smoked paprika, cumin
- ❑ 1 Tbsp oil

DIRECTIONS

- 1. Marinate:** Preheat air fryer to 375 degrees F (190 C). Clean mushrooms then toss together with buttermilk in a large bowl. Let marinate for 15 minutes.
- 2. Breading:** In a large bowl combine flour and spices. Spoon mushrooms out of the buttermilk (save the buttermilk). Dip each mushroom in the flour mixture, shake off excess flour, dip once more in the buttermilk, then once more in the flour (in short: wet > dry > wet > dry).
- 3. Cook:** Grease the bottom of your air fry pan well, then place mushrooms in a single layer, leaving space between mushrooms. Cook for 5 minutes, then roughly brush all sides with a little oil to promote browning. Continue cooking 5 to 10 more minutes, until golden brown and crispy.

Original recipe and photos here!

AIR FRYER PIZZA

*Serves 4
Ready in 20 min*



INGREDIENTS

- ❑ Buffalo mozzarella
- ❑ Pizza dough (1 12-inch dough will make 2 personal sized pizzas)
- ❑ Olive oil
- ❑ Tomato sauce
- ❑ Optional toppings to finish: fresh basil, parmesan cheese, pepper flakes

DIRECTIONS

- 1. Prep:** Preheat air fryer to 375°F (190°C). Spray air fryer basket well with oil. Pat mozzarella dry with paper towels (to prevent a soggy pizza).
- 2. Assemble:** Roll out pizza dough to the size of your air fryer basket. Carefully transfer it to the air fryer, then brush lightly with a teaspoon or so of olive oil. Spoon on a light layer of tomato sauce and sprinkle with chunks of buffalo mozzarella.
- 3. Bake:** For about 7 minutes until crust is crispy and cheese has melted. Optionally top with basil, grated parmesan, and pepper flakes just before serving.

Original recipe and photos here!

AIR FRYER KALE CHIPS

*Serves 4
Ready in 10 min*



INGREDIENTS

- ❑ 1 Bunch kale (about 5 cups, 8-10 oz)
- ❑ 1 Tbsp olive oil (15 mL)
- ❑ ¼ tsp salt
- ❑ Optional flavorings

DIRECTIONS

- 1. Prep:** Wash and dry kale. Cut the leaves away from the spine, then roughly tear the leaves into bite-sized pieces. Massage oil into the leaves, making sure each piece of kale has a thin coat of oil. Sprinkle with salt and toss to coat.
- 2. Transfer:** Lay kale in a single layer in your air fryer basket, uncurling the leaves as much as possible while keeping them from overlapping too much (you may need to cook in batches).
- 3. Cook:** Air fry for 4 to 5 minutes at 375°F (190°C), shaking the pan once to help them cook evenly. Keep a close eye on them after 3 minutes. They're done when crispy! Sprinkle on flavorings after air frying
- 4. Store:** Store kale chips in a paper bag, or in a loosely sealed plastic bag lined with a paper towel. They keep well at room temperature for up to a week. If they lose their crunch, throw them back in the air fryer for a minute or two.

Original recipe and photos here!

CRISPY AVOCADO TACOS

*Serves 4
Ready in 20 min*



INGREDIENTS

Avocado tacos

- ❑ 1 avocado
- ❑ 1/4 cup all-purpose flour (35 g)
- ❑ 1 large egg whisked
- ❑ 1/2 cup panko crumbs (65 g)
- ❑ Pinch each salt and pepper
- ❑ 4 flour tortillas click for recipe

Adobo sauce

- ❑ 1/4 cup plain yogurt (60 g)
- ❑ 2 Tbsp mayonnaise (30 g)
- ❑ 1/4 tsp lime juice
- ❑ 1 Tbsp adobo sauce from a jar of chipotle peppers

Salsa (can sub your favorite store bought)

- ❑ 1 cup finely chopped or crushed pineapple (240 g)
- ❑ 1 roma tomato finely chopped
- ❑ 1/2 red bell pepper finely chopped
- ❑ 1/2 of a medium red onion 1/2 cup, finely chopped
- ❑ 1 clove garlic minced
- ❑ 1/2 jalapeno finely chopped
- ❑ Pinch each cumin and salt

DIRECTIONS

- 1. Salsa:** Combine all Salsa ingredients (finely chop by hand or blitz in the food processor), cover, and set in fridge.
- 2. Prep Avocado:** Cut avocado in half lengthwise and remove pit. Place avocado skin side down and cut each half into 4 equal sized pieces, then gently peel the skin off of each.
- 3. Prep Station:** Preheat oven to 450 F (230 C) or air fryer to 375 F (190 C). Arrange your workspace so you have a bowl of flour, a bowl of whisked egg, a bowl of panko with S&P mixed in, and a parchment-lined baking sheet at the end.
- 4. Coat:** Dip each avocado slice first in the flour, then egg, then panko. Place on the prepared baking sheet and either bake or air fry for 10 minutes, flipping halfway through cooking, until lightly browned.
- 5. Sauce:** While avocados are cooking, combine all Sauce ingredients.
- 6. Serve:** Spoon salsa onto a tortilla, top with 2 pieces of avocado, and drizzle with sauce. Serve immediately and enjoy!

Original recipe and photos here!

AIR FRYER SWEET POTATO FRIES

*Serves 2
Ready in 75 min*



INGREDIENTS

- ❑ 1 Sweet potato
- ❑ 1 tsp olive oil (5 mL)
- ❑ Pinch of salt

DIRECTIONS

- 1. Cut:** To cut traditional fries, cut your sweet potato lengthwise into thin planks, and cut each plank into strips. To cut sweet potato wedges, cut your sweet potato in half lengthwise. Cut in half lengthwise again, then cut each of those halves in half again. (Each potato should make 8 wedges, though you can cut them down smaller if your sweet potato is large).
- 2. Soak:** Soak fries in cold water for 30 to 60 minutes (or as long as 8 hours) before air frying. If you're in a hurry, you can blanch the fries by boiling them for 30 seconds then plunging them into a bowl of cold water.
- 3. Dry:** Drain and pat dry sweet potato wedges. Add to a bowl, then drizzle with vegetable oil (about 1 teaspoon per potato) and a pinch of salt, tossing to coat.
- 4. Air Fry:** Add fries to your air fryer, spread out in as single of a layer as possible. Cook at 390°F (200°C) for 15 to 20 minutes, shaking every few minutes to evenly cook.

Original recipe and photos here!

AIR FRYER BAKED POTATOES

*Serves 1
Ready in 35 min*



INGREDIENTS

- ❑ Any potato (sweet potatoes, russet, baby, red, take your pick!)
- ❑ Pinch of salt
- ❑ Vegetable oil

DIRECTIONS

- 1. Prep:** Preheat air fryer to 390 degrees F (200 C). Rub potatoes in a little vegetable oil and sprinkle with salt.
- 2. Cook:** Set potatoes in the air fryer in a single layer. Cook for 30 to 45 minutes, or until fork-tender, turning them over once during baking to evenly cook.

Original recipe and photos here!

VEGAN EGGPLANT BACON

*Serves 4
Ready in 25 min*



INGREDIENTS

- ❑ 1 medium eggplant
- ❑ 2 Tbsp soy sauce (30 mL, or tamari for GF option)
- ❑ 1 Tbsp toasted sesame oil (15 mL)
- ❑ 1 Tbsp olive oil (15 mL)
- ❑ 1 tsp maple syrup (5 mL)
- ❑ 1 tsp lemon juice (5 mL)
- ❑ 1 tsp smoked paprika
- ❑ 1/2 tsp each salt, black pepper, and cumin
- ❑ 1/4 tsp vegan Worcestershire sauce

DIRECTIONS

- 1. Prep:** Preheat air fryer or oven to 300 degrees F (150 C). Cut eggplant into quarters lengthwise, then thinly slice into long strips resembling bacon (about 1/8 inch thick, a mandolin slicer makes this easier).
- 2. Flavor:** In a small bowl, stir to combine all remaining ingredients. Liberally brush onto both sides of eggplant slices.
- 3. Cook:** If air frying, place bacon in a single layer in your air frying pan and cook for 10 to 15 minutes, until dry and browned. If baking, place on a parchment-lined baking sheet in a single layer and bake for 30 to 40 minutes, until dry and browned.

Original recipe and photos here!

AIR FRYER FRENCH FRIES

*Serves 1
Ready in 35 min*



INGREDIENTS

- ❑ Sweet potatoes or large white potatoes like russets
- ❑ 1 tsp vegetable oil per potato (5 mL)
- ❑ Pinch of salt

DIRECTIONS

- 1. Soak:** Cut potatoes into matchsticks using either a knife or a mandoline slicer. Soak sliced potatoes in a bowl of cold water for 1 to 2 hours. This removes starch to give them that perfectly crispy texture!
- 2. Prep:** Preheat air fryer to 390 degrees F (200 C). Drain and pat dry potatoes. Add to a bowl, then drizzle with vegetable oil (about 1 teaspoon per potato) and a pinch of salt.
- 3. Cook:** Add fries to your air fryer, spread out in as single of a layer as possible. Cook for 15 to 20 minutes, shaking the basket a few times during cooking to evenly cook.

Original recipe and photos here!

AIR FRY ANY VEGETABLE

*Serves suitably
Ready in 35 min*



INGREDIENTS

Tender vegetables

- ❑ Crucifers (broccoli, cauliflower, Brussels sprouts)
- ❑ Soft Veggies (like bell pepper, tomato)
- ❑ Thin Veggies (like asparagus)

Frozen vegetables

- ❑ Any of the veggies from above

Firm vegetables

- ❑ Root Vegetables (carrots, beets, potato, parsnip)
- ❑ Winter Squash (butternut, acorn, pumpkin)

DIRECTIONS

- 1. Tender Veggies:** Preheat air fryer to 375 degrees F (190 C). Prep veggies by chopping them to the size you want, optionally drizzling with oil (this will make them a bit more roasted tasting in the end). Add to your air fryer in as flat of a layer as possible and cook for 10 to 15 minutes, shaking the air fryer pan once or twice during cooking to promote even cooking.
- 2. Firm Veggies:** Preheat air fryer to 375 degrees F (190 C). Prep veggies by chopping them to the size you want (remember: smaller pieces cook faster!) Optionally drizzle with oil and add to your air fryer in as flat of a layer as possible. Cook for 20 to 30 minutes, shaking the air fryer pan a few times during cooking to promote even cooking.
- 3. Frozen Veggies:** Figure out which category your veggie falls under (tender or firm, see notes above), then just add a few minutes to the cooking time to account for the veggies having to thaw during the cooking process. Be sure to give space between your veggies to ensure they become perfectly roasted.

Original recipe and photos here!

AIR FRYER POTATO CHIPS

*Serves 1
Ready in 35 min*



INGREDIENTS

- ❑ Any potato or root vegetable
- ❑ 1 tsp vegetable oil per potato (5 mL)
- ❑ Pinch of salt

DIRECTIONS

- 1. Soak:** Cut potatoes into thin rounds using either a knife or a mandoline slicer. Soak sliced potatoes in a bowl of cold water for 1 to 2 hours. This removes starch to make them perfectly crispy.
- 2. Prep:** Preheat air fryer to 300 degrees F (150 C). Drain and pat dry potatoes. Add to a bowl, then drizzle with vegetable oil (about 1 teaspoon per potato) and a pinch of salt.
- 3. Cook:** Add potatoes to your air fryer, spread out in as single of a layer as possible. Cook for 20 to 30 minutes, shaking the basket a few times during cooking to evenly cook. (If you hear your chips flying around in the air fryer, you can cover them with your air fryer grill plate to keep them relatively in place).

Original recipe and photos here!

HUNGRY FOR MORE?

Find all of our vegetarian air fryer recipes [here](#)
(we're always adding more!)

