

Air Fryer Brussels Sprouts

8.18% of calories from fat

Crisp, soft, and grease-free, Brussels sprouts have flavor and a satisfying crunch. They are different from their greasy cousin, lighter and perhaps not what one expects, but when I make them for family or parties, they disappear quickly.

I've added this recipe for those people who've purchased an air fryer but don't know how to use it successfully for no oil cooking. Oil-free cooking frequently requires very different techniques to make a recipe turn out right. The key to making this dish successful is to place only a single layer of Brussels sprouts into the air fryer for cooking.

Ingredients

- 2 pounds Brussels sprouts, trimmed and halved
- 1 teaspoon chia seeds, raw, ground in a spice grinder
- 3 cloves garlic, thoroughly crushed to mush
- 2 tablespoons fennel seeds
- 6 cloves garlic, minced
- 1 teaspoon balsamic vinegar
- ½ teaspoon salt
- ¼ cup water



Directions

1. Steam the Brussels sprouts for 10 minutes or until a fork just pierces the sprouts. (The amount of time needed may vary due to the size of the sprouts.) Remove from heat and allow time to cool.
2. Mix ground chia seeds, garlic, vinegar, salt, and water in a large mixing bowl. Add the Brussels sprouts and gently mix.
3. Turn on the air fryer and set to 400°F, and then transfer some of the coated Brussels sprouts to the frying tray/drawer so sprouts are laid out in a single layer. Cook for 15 minutes until the Brussels sprouts have browned.
4. Remove and cook the next batch.

Serves 4.

Nutritional Information: 110 calories per serving, 1 cup per serving, 1g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 250 mg sodium, 22 g total carbohydrate, 9g dietary fiber, 5g total sugars, 8g protein, 0mcg (0%) vitamin D, 104mg (8%) calcium, 3mg (20%) iron, 891mg (20%) potassium.