

Air Fryer Beets (Best Method!)

Prep: 5 minutes • Cook: 40 to 50 minutes

Whole beets are foil-wrapped and air fried to steam-roasted perfection—sweet, juicy, and vibrantly colored with minimal prep and mess. A simple, vegan and gluten-free side that tastes exceptional on its own or in salads and bowls.

Ingredients

- 1/2 lb beets (small (1 to 1.5 inches), any color)
- 1 1/2 to 2 teaspoons extra-virgin olive oil

Instructions

1. Scrub beets thoroughly and trim the ends; do not peel.
2. Place the beets on a sheet of foil. If using different colored beets, divide them onto separate pieces of foil (about 2 to 4 beets per packet).
3. Drizzle the beets with the olive oil and use your fingers to coat.
4. Tightly seal the foil to form pouches so steam cannot escape.
5. Place the foil packets in a single layer in the air fryer basket (no preheating needed). Air fry at 375°F (190°C) until the beets are tender through the center, about 40 to 50 minutes depending on beet size and air fryer model.
6. Open packets and let cool slightly. Rub off skins with your fingers or under cool running water, then slice and serve as desired.

Tags: Air Fryer, Beets, Vegan, Gluten Free, Vegetarian, Side Dish
