

# Air Fryer Italian Sausages, Peppers, and Onions

Great on a crusty roll but they can be served over rice, if preferred. Add a whole link to a roll or cut diagonally and stretch the links for another portion.

Recipe by **Bren** | Updated on January 14, 2022

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

## Ingredients

- 2 small onions
- 1 small red bell pepper, thinly sliced
- 1 small yellow bell pepper, thinly sliced
- 1 small orange bell pepper, thinly sliced
- 2 tablespoons olive oil
- 1 teaspoon Italian seasoning
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground black pepper
- 1 pound sweet Italian sausage links
- 4 lightly toasted buns
- 4 slices provolone cheese

## Directions

### Step 1

Preheat the air fryer to 350 degrees F (180 degrees C).

### Step 2

Cut onions in half from root to stem; cut each half into thirds. Combine onions and bell peppers in a medium bowl. Add olive oil, Italian seasoning, salt, and pepper; toss to combine. Transfer vegetables into the air fryer basket and set the sausage links on top without touching one another.

### Step 3

Air fry for 15 minutes. Turn sausages and air fry for another 10 minutes.

### Step 4

Place each sausage in a bun and top with vegetables and provolone cheese.

## Cook's Note:

If serving on buns, broil for a few minutes after adding the cheese, if desired.

## Nutrition Facts

Per serving: 660 calories; total fat 41g; saturated fat 15g; cholesterol 64mg; sodium 1952mg; total carbohydrate 44g; dietary fiber 4g; total sugars 7g; protein 30g; vitamin c 94mg; calcium 332mg; iron 3mg; potassium 455mg