



KETO Air Fryer Cajun Shrimp and Sausage

Legenia Spiller Bearden

Ingredients

- 1 lb. smoked sausage
- 1 lb. jumbo shrimp
- 1 med. zucchini
- 1 med. yellow squash
- 1 small onion
- 1/2 red bell pepper
- 1 tbsp. minced garlic
- 1/4 cup extra virgin olive oil (EVOO)
- 1/4 cup Cajun seasoning (I used cajun sparkle which I purchased at Kroger)

Instructions

1. Chop onion, bell pepper, zucchini, squash, and garlic.
2. Slice smoked sausage
3. Wash, peel and devein shrimp
4. Combine all ingredients in a large bowl
5. Drizzle 1/2 of the EVOO and Cajun seasoning on veggies, sausage, and shrimp and mix.
6. Pour remaining EVOO and Cajun seasoning on veggies, sausage, and shrimp and mix one last time.
7. Place ingredients in the air fryer. Enough to make one layer.
8. Cook at 400 degrees for approximately 15 - 20 minutes or until done