

| Vegetable | AirGO function selection (F) | AirGO Cooking time (minutes) | Regular cooking time (minutes) | Cooking time reduction | Taste or other | Use parchment paper or foil |
|-------------------------|-----------------------------------|-------------------------------|--------------------------------|------------------------|-------------------------------|-----------------------------|
| Roasted Bell pepper | Grill 420 | 10-12 | 25 | 50% | Sweet, juicy and tender | yes |
| Roasted Beet | Oven 420 | 20-25 | 45-50 | 50% | Super sweet and juicy | yes |
| Broccoli (add water) | Robotic Stir fry 420 | 3-5 | 6-10 | 50% | Taste so juicy and sweet | no |
| Mini potato (cut half) | Oven 420 | 20 | 35-40 | 50% | Chewy and sweet | yes |
| Sliced potato wedges | Air fry 420 without basket | 20-25 | 35-40 | 40% | Crispier skin and soft inside | no |
| Sliced sweet potatoes | Air fry 420 | 15 | 20-25 | 25% | Crispier skin and soft inside | yes |
| Bake Whole sweet potato | Oven 420 | 20 min. (medium) - 40 (large) | 45-50 | 55% | Super sweet and tender | no |

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| | | sweet potato) | | | | |
| Roasted Portobello mushroom | Grill 400F | 5 | 20 | 75% | Very juicy and taste so good | no |
| Roasted common (white button) mushroom | Oven 380F | 6-7 | 20 | 66% | Very juicy and tasty | no |
| Roasted Enoki mushroom | Oven 350 | 5 | 20 | 75% | Very juicy and chewy | Foil |
| Roasted Brussel sprouts | Oven 420 | 7-8 | 30-40 | 75% | Crispy skin and tender inside | yes |
| Grill Asparagus | Grill 420 | 4 | 12-15 | 66% | Soft and juicy | no |
| Roasted Cauliflower (half) | Oven 420 | 15 | 25 | 40% | Juicy and tasty | yes |
| Roasted zucchini (1/4 inch) | Oven 420 | 12 | 15-18 | 20% | Juicy and tender | yes |
| Roasted tomato | Oven 420 | 15 | 35 | 57% | Juicy and sweet | yes |

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| Saute onion | Robotic Stir fry 420 | 8-10 minutes | 10 | | No need manpower | no |
| Saute Kale | Robotic Stir Fry 380 | 3 minutes with water | 3-5 minutes | | No need manpower | no |
| Saute Cabbage | Oven 420 | 5 minutes | 6-8 minutes | 20% | Sweet and crunchy | yes |
| Roasted squash | Oven 420 | 10 minutes | 25-30 minutes | 60% | Sweet and tender | yes |