

AIR FRYER ZUCCHINI FRIES

NUTRITION FACTS

Serving Size: 1/4th the recipe

Calories: 147 | Carbohydrates: 6g | Protein: 9g | Total Fat: 10g | Saturated Fat: 2g | Sodium: 224mg | Fiber: 2g

INGREDIENTS

- 2 Medium zucchini
- 1 Egg (beaten)
- ½ cup All purpose flour
- 1 cup Panko breadcrumbs
- ½ cup Grated parmesan cheese
- 2 Tbsp Italian seasoning
- 1 tsp Garlic powder
- 1 Tbsp Olive oil or cooking spray
- ½ tsp Salt & pepper combined

DIRECTIONS

1. Preheat your air fryer to 400 degrees Fahrenheit.
2. Cut each zucchini into stick (fry) shapes.
3. Put flour, breadcrumbs and egg into three separate small bowls.
4. Mix Parmesan cheese, Italian seasoning and garlic powder with breadcrumbs.
5. Coat one zucchini stick with flour, then with egg, and lastly with the breadcrumb mixture. Repeat.
6. Place fully coated zucchini sticks in air fryer in one layer. Do not overcrowd.
7. Spray zucchini sticks with olive oil or cooking spray to lightly coat.
8. Air fry for ten minutes or until golden brown and crispy. If using an oven, bake at 425 degrees Fahrenheit for 30 minutes or until golden and crispy.
9. Remove from air fryer and serve with your favorite dipping sauce.

NOTES

Recipe inspired by www.gimmedelicious.com





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