



Air Fried Zucchini

This recipe is meant to be as quick and easy as possible and after air-frying or baking these for the first time, you may never want to buy a bag of potato chips again!

Ingredients:

- 2 small zucchini
- 1 egg, beaten
- 1 cup panko
- ¼ cup grated parmesan
- ¼ tsp salt
- ¼ tsp pepper
- Olive oil or Olive oil spray to coat the basket

Directions:

- Cut the ends off of the zucchini then cut into slices
- Mix the panko, parmesan, salt and pepper
- Dip each slice of zucchini into the beaten egg, then dip into the seasoning mixture.
- Lightly spray or coat the basket with the Olive Oil
- Set the air fryer to 390°F
- Place the slices in a single layer in the basket, set for 5 minutes. After 5 minutes, flip the zucchini and cook for an additional 4 minutes.
- If you don't have an air fryer you can cook this in your oven by changing the temperature and cooking time. Simply bake the zucchini chips at 350° for 15 minutes.

“If you need something to believe in, start with yourself.”

