

Air Fryer Zucchini Chips

Prep Time: 15 mins

Cook Time: 12 mins

Serves 4

These air fryer zucchini chips are an easy, delicious side dish or snack! Serve them plain or with marinara sauce for dipping.

Ingredients

- 2 medium zucchini, sliced into ¼ inch rounds
- 1 egg*
- ½ cup panko bread crumbs
- ½ cup almond flour
- ¼ cup Parmesan cheese or Vegan Parmesan
- ½ teaspoon sea salt
- Freshly ground black pepper
- Extra-virgin olive oil, for drizzling
- Marinara, for serving, optional

Instructions

1. Preheat the air fryer to 370°F.
2. Use a clean kitchen towel to pat dry the zucchini and set aside.
3. In a small bowl, whisk the egg. In a medium bowl, combine the panko, almond flour, Parmesan, salt, and several grinds of pepper.
4. Dip the zucchini slices into the egg and then into the panko mixture. Place on a plate as you work and then drizzle the slices with olive oil. Place in a single layer in the air fryer and air fry for 11 to 13 minutes, or until crisp and golden brown.
5. Serve immediately (they'll become less crispy as they sit) with marinara for dipping, if desired.

Notes

*Make this recipe vegan by replacing the egg with ¼ cup nut milk mixed with 1 tablespoon ground flaxseed.

I use the Instant Pot Omni Plus Air Fryer, and it's great.

Equipment



Instant Pot Omni Plus
Air Fryer