

Air Fryer Zucchini-Maintenance



4 servings



15 minutes

INGREDIENTS

- 3 small/medium zucchini
about 1 1/4 pounds
- 1 1/2 tablespoons extra-virgin olive oil
- 2 tablespoons panko
breadcrumbs
- 2 tablespoons finely grated
Parmesan cheese *for a vegan
version, use nutritional yeast*
- 1 tablespoon white whole
wheat flour or all-purpose
flour
- 1/2 teaspoon kosher salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon ground black
pepper

DIRECTIONS

- If you'd like to keep the zucchini warm between batches, preheat the oven to 200°F. Trim off the ends of the zucchini and cut into quarters length-wise. Place each quarter against the cutting board, flat side down, then cut crosswise into 3/4-inch thick half-moons so that you have chunks that are about 3/4 inch in size each. Place in a large mixing bowl.
- Drizzle the zucchini with the oil. Toss to coat.
- In a separate bowl, stir together the panko, Parmesan, flour, salt, onion powder, and pepper. Sprinkle over the zucchini, then toss to coat the zucchini as evenly as possible.
- Preheat the air fryer to 400°F. Place half of the zucchini in the air fryer basket in an even layer (no need to coat it with nonstick cooking spray).
- Air fry zucchini for 7 to 9 minutes, shaking a few times throughout, until the breadcrumbs are golden and the zucchini is tender but not mushy. Transfer to a serving plate or a parchment-lined baking sheet if keeping warm in the oven. Repeat with remaining zucchini.