

Air Fryer Zucchini Fries (Low Carb – Keto)

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2 WW Points (Green), 2020, Air Fryer, Appetizer, Velik Favorites

Prep Time: 5 minutes Cook Time: 10 minutes Servings: Servings: 4 people Source: gimmedelicious.com

INGREDIENTS

2 medium zucchini

1 large egg beaten

$\frac{1}{2}$ cup almond flour or panko/Italian breadcrumbs

$\frac{1}{2}$ cup parmesan cheese grated

1 teaspoon Italian seasoning or seasoning of choice

$\frac{1}{2}$ teaspoon garlic powder optional

Pinch of salt and pepper

Oil for spraying olive or oil of choice

DESCRIPTION

Crispy parmesan zucchini fries baked in the air fryer. These low carb and keto diet friendly zucchini fries (aka chips) are light, crispy, and packed full of flavor at only 3 net carbs per serving in under 15 minutes!

DIRECTIONS

Cut the zucchini in half and into sticks (aka fries) about 1/2 inch thick and 3-4 inches long.

In a shallow bowl, combine the almond flour (or bread crumbs), grated parmesan, spices and a pinch of salt and pepper. Mix to combine.

Dredge zucchini in egg and then in the almond flour mixture and place on a plate or baking sheet. Generously spray zucchini with cooking spray.

Working in batches, place the zucchini fries in a single layer in the air fryer. and Cook for 10 minutes at 400F, or until crispy.

NOTES

Seasoning options: Make these zucchini fries your own by spicing them up with your favorite seasoning mix. You can't go wrong with Italian seasoning but cajun seasoning, taco seasoning, ranch seasoning or your favorite seasoning blend will take these zucchini fries to the next level!

Breading options: To keep these zucchini fries low carb and keto, opt-in for almond flour and avoid breadcrumbs. If you are not doing keto, go ahead and replace the almond flour with panko bread crumbs. They are light and airy and will make the zucchini fries super crispy.

To make in oven: Follow the recipe as instructed and bake for 30 minutes in a 425F preheated oven or until golden and crispy. Check out the oven baked version [here](#).

Melissa's note – Use 1/2 the amounts listed for breading/coating using panko breadcrumbs – I threw away half of the mixture since it was not used the first time I made these.