

Zucchini Fries



PREP TIME:
5 MINUTES

COOK TIME:
12-15 MINUTES

TOTAL TIME:
20 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 2-4 Servings

Ingredients:

- Air Fryer (*I used the Ninja Foodi*)

Zucchini Ingredients:

- 3 Medium Sized Zucchini – Cleaned with Ends Removed
- 1 Egg
- 2 TBSP Water
- ½ Teaspoon Himalayan Sea Salt
- Olive Oil Sprayer
- ½ Cup Gluten Free Panko Breadcrumbs (*I used Aleia's Brand*)
- ½ Cup Gluten Free Italian Style Breadcrumbs (*I used Aleia's Brand*)
- 1 Teaspoon Garlic Powder
- ½ Teaspoon Oregano
- Cracked Pepper to Taste

Vegan Ranch Ingredients:

- 1/4 Cup Veganaise Mayo
- ¼ Teaspoon Apple Cider Vinegar
- ½ Teaspoon Garlic Powder
- 1 TBSP Unsweetened Coconut Milk
- ½ Teaspoon Dried Parsley
- ½ Teaspoon Dried Rosemary

Instructions:

1. Preheat air fryer for 5 minutes at 400 degrees.
2. Crack egg into shallow bowl. Add water and pinch of sea salt. Whisk with fork and set aside.
3. Clean zucchini and Cut in half. Then cut into quarters. Place into large bowl. Sprinkle with sea salt and lightly stir.
4. In a shallow bowl, add both breadcrumbs, garlic powder, oregano, and pepper to taste.

5. First dunk the zucchini in egg wash – coating all sides. Then roll into the breadcrumb mixture again coating all sides.
6. Lightly spray bottom of air fryer basket.
7. Place zucchini into air fryer and spray zucchini lightly with olive oil. Cook for about 10-12 minutes.
8. In the meantime, add all ranch ingredients to small bowl. Whisk together for a dipping sauce.
9. Serve both together – makes a tasty and healthy appetizer!

***Try and use all organic ingredients if possible.**

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