

Air Fryer Zucchini Fries



These crispy air fryer zucchini fries are a tasty (and honestly satisfying) way to sneak more veggies onto the plate—without anyone at the table complaining. They're the perfect sidekick to a homemade burger or a shareable starter.

For more simple and delicious air fryer ideas, check out our [selection of dietitian-approved healthy Airfryer recipes](#).

Preparation 10 min

Cooking 15 min

Servings 3

Nutrition Facts (per serving)

Calories 130

Fat 3

Carbohydrates 20

Fibre 3

Protein 7

Sodium 120

Ingredients

- 1 egg
- 80 ml (? cup) panko breadcrumbs

- 10 ml (2 tsp) garlic powder
- Salt and pepper, to taste
- 2 medium-sized zucchinis, cut into fry shapes

Preparation

1. Preheat the air fryer to 350°F (180°C).
2. Prepare 2 small bowls. In the first bowl, beat the egg. In the second bowl, mix the flour, breadcrumbs, garlic powder, salt, and pepper.
3. Dip each piece of zucchini in the egg, then coat it with the breadcrumb mixture.
4. Place the zucchini pieces in the air fryer, avoiding overlapping.
5. Cook for 15 minutes on the air fry function, flipping the fries halfway through cooking.
6. Serve with your choice of sauce and consume immediately to preserve the crispy texture. We suggest our [cilantro and lime sauce](#) or one of our [Greek yogurt dip](#).

Notes

It can be stored in the refrigerator for 5 days and does not freeze well. Reheat for a few minutes in the air fryer to regain the crispy texture before consuming.



Meri Makaryan – Nutritionniste Diététiste à Montréal
Registered Dietitian Nutritionist in Montreal