

CRISPY AIR-FRIED ZUCCHINI

(adapted from several sources)

3 medium zucchini

1 + 1/2 tablespoons grapeseed oil

2 tablespoons panko breadcrumbs

2 tablespoons nutritional yeast (vegan friendly) or grated Parmigiano cheese

1 tablespoon flour

1/2 teaspoon salt

1/4 teaspoon ground black pepper

In a small bowl, mix Panko, nutritional yeast (or cheese), salt and pepper. Reserve.

Trim off the ends of the zucchini and cut into quarters lengthwise, then cut crosswise into 3/4-inch thick pieces. Place in a large mixing bowl. Drizzle the zucchini with the oil. Toss to coat.

Sprinkle the flour mix over the zucchini slices and mix gently to coat them.

Air-fry in two batches at 390F or as high as your fryer goes, for about 9 minutes, until golden brown. Shake the basket every once in a while. Once the first batch is done, air-fry the second portion, then join them both and air-fry for a minute or so together, just to heat the first batch again. You can also place the first portion in a low oven to keep warm, but I found that not to be needed.