

# Crispy Air Fryer Zucchini Chips



Everest

A trendy, smart snack. Low in calories, high in fiber. When made in the air fryer, these little chips deliver the crispiness we all want, with a fraction of the oil.



PREP TIME

10 mins

COOK TIME

12 mins

TOTAL TIME

22 mins



COURSE

Snack



SERVINGS

4 Servings

CALORIES

90 kcal

## INGREDIENTS

- 2 medium zucchinis thinly sliced into 1/8-inch rounds
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/4 tsp sea salt (bit more for sprinkle)
- 1/4 tsp black pepper
- 1/4 cup parmesan cheese (optional for extra flavor & crispiness)
- 1/4 cup panko breadcrumbs (optional, for crunch)

## INSTRUCTIONS

1. **Prep the zucchini:** Wash and dry the zucchini thoroughly. Using a mandoline or a sharp knife, slice into thin, even rounds. Lay them out on paper towels and lightly sprinkle with salt to draw out moisture. Let sit for 10 minutes, then blot with a clean towel.
2. **Season:** In a large bowl, toss the zucchini slices with olive oil, garlic powder, paprika, pepper, and Parmesan (if using). Add breadcrumbs if you like them a little extra crispy.

3. **Preheat your air fryer:** Set it to 375°F (190°C) for a couple of minutes.
4. **Air fry in batches:** Place zucchini slices in a single layer in the air fryer basket. Do not overlap. Air fry for 6–8 minutes, then flip each chip and continue for another 5–7 minutes, or until golden and crisp. Keep an eye on them—they can go from crispy to burnt quickly.
5. **Cool and crunch:** Remove the chips and place them on a cooling rack or paper towel. Sprinkle a pinch of sea salt over them while they're still warm.

## NOTES

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### Nutritional Facts (per serving):

- **Calories:** ~90
- **Fat:** 5g
- **Carbohydrates:** 7g
- **Fiber:** 2g
- **Protein:** 3g
- **Sodium:** 180mg

*(These values can vary depending on whether you use cheese or breadcrumbs.)*

