



Air-Fried Ranch Zucchini Chips



1/2 of recipe (about 13 chips): 131 calories, 1g total fat (0g sat. fat), 383mg sodium, 23.5g carbs, 3.5g fiber, 5g sugars, 6.5g protein

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Prep: 15 minutes **Cook:** 20 minutes



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Ingredients

2/3 cup [whole-wheat panko breadcrumbs](#)
1 tbsp. ranch dressing/dip seasoning mix
10 oz. (about 1 large) zucchini, ends removed
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
Optional dips: light ranch dressing, ketchup

Directions

In a wide bowl, mix breadcrumbs with seasoning.

Cut zucchini into quarter-inch-wide coins. Place in a second wide bowl. Top with egg, and flip to coat.

One at a time, shake zucchini coins to remove excess egg, and lightly coat with breadcrumb mixture.

Place zucchini in the air fryer in a single layer, and top with any remaining seasoned crumbs.

Set air fryer to 392 degrees.

Working in batches as needed, cook until golden brown, 8 - 10 minutes.

MAKES 2 SERVINGS

Oven alternative! Bake at 400 degrees until golden brown, about 20 minutes, flipping halfway through.

HG FYI: Can't find whole wheat panko? Use regular panko, which has slightly less fiber.

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