



## 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

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#)

### 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.

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.