



Air-Fryer Italian-Style Zucchini



1/2 of recipe (about 3/4 cup): 123 calories, 10g total fat (2.5g sat. fat), 304mg sodium, 4.5g carbs, 1.5g fiber, 3.5g sugars, 5.5g protein

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Prep: 5 minutes **Cook:** 15 minutes



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Ingredients

1 large (about 10 oz.) zucchini, sliced into rounds
1 1/2 tsp. olive oil
2 tbsp. grated Parmesan cheese
1/2 tsp. Italian seasoning
1/8 tsp. salt

Directions

Place zucchini rounds in a large bowl. Add oil, and toss to coat. Add remaining ingredients, and toss to coat.

Spray air fryer basket with non-aerosol nonstick spray (or [use a liner like this one](#)).

Place zucchini in the air fryer. Set air fryer to 380°F (or the nearest degree). Cook until tender on the inside and lightly browned and crispy on the outside, about 12 minutes, gently flipping halfway through if needed.

MAKES 2 SERVINGS

Oven Alternative: Bake at 400 degrees for 15–20 minutes, flipping halfway through.

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