Delight in the crisp, cheesy goodness of air fryer zucchini chips, made with fresh zucchini, savory Parmesan, and a hint of pepper. A perfect, healthier alternative to traditional snacks!

- Course: Snack
- Cuisine: American

- Prep Time: 5minutes minutes

- Cook Time: 10minutes minutes
- Total Time: 15minutes minutes

- Servings: 4

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Ingredients

- ☐▢Avocado oil cooking spray
- ☐▢1 large zucchini uniformly sliced into rounds approximately 0.25 inches thick
- ☐▢½ cup of finely grated Parmesan cheese
- ☐▢Ground black pepper and salt adjusted according to preference

Instructions

- Preparation of Zucchini: Utilize a mandolin slicer to ensure the zucchini is evenly sliced into thin rounds. This uniformity is crucial for consistent cooking and crispiness.
- Salting: Arrange the zucchini slices in a single layer and lightly sprinkle them with salt. Allow them to rest for several minutes to extract excess moisture. Subsequently, use paper towels to pat the slices dry thoroughly, then season them with ground black pepper to enhance their flavor.
- Air Fryer Preparation: Lightly coat the air fryer basket with avocado oil cooking spray to

prevent sticking and ensure even cooking.

- Arrangement of Zucchini Slices: Place the zucchini rounds in a single layer within the air fryer basket, ensuring they do not overlap to facilitate even air circulation and crispiness.
- Adding Cheese: Evenly distribute the grated Parmesan cheese over the zucchini slices before beginning the cooking process.
- Cooking Process: Set the air fryer to a temperature of 370°F (187°C). Cook the zucchini in batches for approximately 8-10 minutes, or until the cheese has turned golden brown and the zucchini slices have achieved the desired level of crispiness.
- Cooling: Once the cooking is complete, allow the zucchini chips to cool within the air fryer basket for 2-3 minutes. This additional cooling period helps to further crisp the chips.