

Crispy Vegan Zucchini Fries (Oil-Free)



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Healthy vegan zucchini fries, made crispy in the air fryer with no added oil. Served with a garlic yogurt dip, they're tasty and nourishing.

Prep Time

25 mins

Cook Time

15 mins

Total Time

40 mins

Course: Appetizer, Side Dish Cuisine: American Keyword: air fryer veggies, vegetables

Servings: 4

Ingredients

- 2 medium 7-inch zucchinis about 400g
- 1 cup flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup non-dairy milk of choice
- 1 cup Italian breadcrumbs
- ½ teaspoon garlic powder
- 1 teaspoon paprika

Garlic yogurt dip:

- ½ cup non dairy yogurt
- 1 clove minced garlic
- 1 teaspoon dijon mustard
- 1 teaspoon dried dill
- 2 tablespoon chopped fresh basil
- Salt and black pepper
- Squeeze of lemon juice

Instructions

1. Preheat the air fryer to 375 F or oven to 425F.
2. Slice your zucchinis into ½ inch x 3 ½-inch "sticks. Pat the sticks dry with a paper towel and allow to sit for about 10 minutes. This helps dry out the zucchini so the breading sticks.
3. Prepare two shallow bowls or dishes- one with the flour, salt, pepper and milk (whisk these ingredients until a batter forms), and the other bowl with the breadcrumbs, garlic powder and paprika.
4. Dip each zucchini stick in the flour batter, so it has a thin coating, then press it into the breadcrumb mixture, coating all sides.

Air fryer method:

1. Place in the basket of your air fryer in a single layer, ensuring the zucchini sticks do not touch each other.
2. Bake for about 15 minutes, flipping halfway through cooking.

Oven method:

1. Place on a prepared baking sheet in a single layer, ensuring the zucchini sticks do not touch each other.
2. Bake for about 20 minutes, flipping halfway through cooking.

Notes

*I have included an estimation of the nutrition information for this recipe below. However, always remember a recipe is so much more than just nutritional content and these numbers do not need to dictate your food choices. Please don't forget that both your body and soul need nourishment! The owner of this website is not liable for this estimation.

Nutrition

Calories: 296kcal | Carbohydrates: 53g | Protein: 11g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 1g | Cholesterol: 0.3mg | Sodium: 748mg | Potassium: 475mg | Fiber: 4g | Sugar: 7g | Vitamin A: 801IU | Vitamin C: 27mg | Calcium: 206mg | Iron: 4mg

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