



Parmesan-Garlic Zucchini Fries with Harissa Aioli



INGREDIENTS

¼ cup Hy-Vee mayonnaise
3 tbsp Culinary Tours
harissa sauce
1 tsp fresh lemon juice
1 ½ cups Hy-Vee butter
garlic croutons
¾ cup Sartori grated
Parmesan cheese
2 Hy-Vee large eggs
2 tbsp Hy-Vee 2% reduced-
fat milk
¼ cup Hy-Vee all-purpose
flour
1 large zucchini, cut into
2½-to-3-in. x ¾-in. sticks

PREPARATION

- 1** Preheat air fryer to 375°. Combine mayonnaise, harissa sauce, and fresh lemon juice; cover and set aside.
- 2** Finely crush croutons; place in small bowl. Stir in Parmesan cheese. Whisk together eggs and milk in another small bowl. Place flour in third bowl. Dust zucchini sticks in flour. Then dip zucchini sticks into egg mixture. Evenly coat with crouton mixture.
- 3** Spray air fryer basket with nonstick spray. Place coated zucchini sticks in a single layer in basket; spray with nonstick spray. Air-fry 5 to 7 minutes or until lightly golden and crisp. Serve with harissa mixture for dipping.

NUTRITION FACTS

Calories: 110
Total Fat: 7g
Saturated Fat: 2g
Cholesterol: 30mg

Sodium: 240mg
Carbohydrates: 7g
Sugar: 1g
Protein: 3g