Air-Fryer Zucchini

Serves: 4

Ingredients

- 2 tablespoons grated Parmesan cheese
- 1 tablespoon olive oil
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon ground pepper
- ⅛ teaspoon crushed red pepper
- 2 large (8-ounce) zucchini, sliced 1/4-inch thick
- 2 teaspoons lemon juice

How To Make It

- Preheat air fryer to 400°F for 5 minutes. Combine Parmesan, oil, oregano, salt, garlic powder, onion powder, pepper and crushed red pepper in a medium bowl. Add zucchini and toss to coat.
- Working in batches if necessary, arrange the zucchini slices in a single layer in the fryer basket. Cook, flipping once, until golden brown, 10 to 12 minutes. Sprinkle with lemon juice and serve with lemon wedges.

Nutrition Facts

Servings Per Recipe: 4  
Serving Size: 1/3 cup  
Calories: 64  

% Daily Value *
Total Carbohydrate 5g 2%  
Dietary Fiber 1g 4%  
Total Sugars 3g  
Protein 2g 4%  
Total Fat 5g 6%  
Saturated Fat 1g 5%  
Cholesterol 2mg 1%  
Vitamin A 278IU 6%  
Vitamin C 21mg 23%  
Vitamin D 1IU 0%  
Vitamin E 1mg 4%  
Folate 28mcg 7%  
Vitamin K 6mcg 5%  
Sodium 345mg 15%  
Calcium 43mg 3%  
Iron 1mg 6%  
Magnesium 22mg 5%  
Potassium 312mg 7%  
Zinc 1mg 9%
Simple Cabbage Salad

**Serves:** 4

**Ingredients**

- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh parsley
- 1 tablespoon Dijon mustard
- 1 tablespoon honey or agave nectar
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 8 cups shredded green cabbage (from 1 small head)

**How to Make It**

- Whisk lemon juice, oil, parsley, mustard, honey, garlic powder, salt and pepper together in a large bowl. Add cabbage and toss to coat; let stand for 10 minutes. Toss again; serve immediately or refrigerate for up to 1 hour before serving.
- To make ahead. Cover and refrigerate for up to 1 hour.

Nutrition Facts

Servings Per Recipe: 4
Serving Size: 1 1/4 cups
Calories: 124

% Daily Value *
Total Carbohydrate 14g 5%
Dietary Fiber 4g 14%
Total Sugars 9g
Protein 2g 4%
Total Fat 7g 9%
Saturated Fat 1g 5%
Vitamin A 299IU 6%
Sodium 408mg 18%
Potassium 268mg 6%