

TAILGATING: HEALTHY APPETIZER RECIPES



ZUCCHINI CHIPS IN AIR FRYER

 6 servings (approx 3 chips)  prep: 10 minutes
cook: 11 minutes

138 calories, fat 4g, carbs 17g,
sugar 2g, fiber 1g, & protein 8g

INGREDIENTS

- 1 Zucchini medium to large
- 1/2 cup All-purpose Flour or Wheat Flour
- 1 tsp Salt
- 1/2 tsp Pepper
- 2 Eggs
- 1 cup Panko Bread Crumbs
- 1/2 cup Parmesan grated

INSTRUCTIONS

1. Slice zucchini into 1/4"-1/2" slices.
2. In a small bowl, mix flour, salt and pepper. In a second bowl, add eggs and beat with a fork. In a 3rd bowl, combine panko bread crumbs and parmesan.
3. Dip a zucchini slice in flour and shake off excess. Next dip in beaten eggs and remove excess. Then dip in panko/parmesan and press down to coat both sides completely.
4. Place coated zucchini slice in air fryer basket. Repeat with remaining zucchini slices and place in air fryer basket in a single layer. Spray zucchini slices with non-stick cooking spray or olive oil. Flip over and spray other side.
5. Air Fry at 375 for 6 minutes. Flip over and cook for another 5 minutes or until golden brown.

NOTES

Delicious served with homemade ranch dressing/greek yogurt, marinara, or Blue Cheese Dip (recipe included). You can omit the parmesan cheese if you prefer.

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BLUE CHEESE DIP



20 servings



prep: 5 minutes

(Suggestion: make day ahead)

**1 tbsp = 16.1 calories, fat 1g, carbs 0.2g,
fiber 0g, sugar 0.3g, & protein 1.3g**

INGREDIENTS

- 1/2 cup crumbled blue cheese
- 1/4 cup almond milk
- 1/2 cup Greek yogurt
- 1 tbsp white or red wine vinegar
- 2 tsp garlic powder
- 1/2 tsp salt

INSTRUCTIONS

1. Whisk all ingredients together in a bowl.
2. Serve blue cheese dip alongside your favorite appetizers (including our Zucchini Chips and/or Buffalo Chicken Meatballs).

SERVING SUGGESTIONS

Best if made a day ahead and allowed to sit in the refrigerator to thicken and for flavors to blend.

NOTES

Creamy and sensational dip - great paired with your favorite appetizers!