



Air Fryer Eggplant Fries

Savannah · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

35 mins

Description

These air fryer eggplant fries are a great alternative if you're watching your waistline and your calorie intake. They're made with no grease or oil but they're still just as tasty.

Ingredients

— - 1 medium eggplant - ½ cup Italian bread crumbs - ¼ cup freshly grated Parmesan cheese - 1 teaspoon Italian seasoning - 1 teaspoon salt - ½ teaspoon dried basil - ½ teaspoon garlic powder - ½ teaspoon onion powder - ½ teaspoon ground black pepper - ¼ cup all-purpose flour - 2 eggs

Instructions

1. Cut eggplant into 1/2-inch rounds
2. then cut each round into 1/4-inch sticks. Pat dry. Combine bread crumbs
3. Parmesan
4. Italian seasoning
5. salt
6. basil
7. garlic powder
8. onion powder
9. and pepper in a shallow bowl. Pour flour into a second shallow bowl. Whisk eggs in a third bowl. Dip eggplant sticks in flour
10. then in beaten eggs
11. and then coat with bread crumb mixture. Transfer to a plate and let rest for 5 minutes. Preheat an air fryer to 370 degrees F (185 degrees C). Place breaded eggplant sticks in the air fryer basket
12. making sure they are not touching; cook in batches if necessary. Cook in the preheated air fryer for 8 to 10 minutes. Shake the basket and continue cooking to desired crispiness
13. 4 to 6 more minutes.