

Eat Happy Kitchen

Anna Vocino

ZUCCHINI PARMESAN BITES

(Yields 24-30 bites)

INGREDIENTS:

- 2-3 zucchini, sliced to 1/4" thickness
- Salt for sweating zucchini
- 2 eggs
- 2 tablespoons heavy cream
- 1 cup almond flour (or you can use pork rinds)
- 1 cup freshly grated parmesan cheese, plus more for garnish
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon freshly ground black pepper
- 1/4-1/2 cup olive oil, divided
- 1 jar Eat Happy Kitchen marinara, heated for dipping (or your sauce of choice)
- 3-5 basil leaves, chopped for garnish

INSTRUCTIONS:

Lay zucchini slices flat on a paper towel lined baking tray and season with salt. Let sweat 5-10 minutes while prepping egg wash and coating.

Set out two shallow bowls. In the first bowl, whisk together eggs and heavy cream. In the second bowl, whisk together almond flour, parmesan, garlic powder, onion powder, and ground pepper.

Heat half of the olive oil (about 3 tablespoons) to medium high heat in a flat-bottomed, nonstick sauté pan. Do the sizzle test: sprinkle some of the almond flour coating into the pan, and when it sizzles, the pan is ready to fry.

Pat sweated zucchini dry, then dunk zucchini in the egg wash, then coat with almond flour mixture. Place in the hot oil to fry, starting at the 12 o'clock position in the pan so you don't lose track of which one went in first. Cook 2-4 minutes, until coating is starting to turn golden brown but not burn. Flip pieces, adding more olive oil to the pan if needed. Cook another 2-3 minutes until zucchini is golden brown. Remove cooked pieces to a paper towel lined plate. Add 3 tablespoons more olive oil to the hot pan, then dredge remaining zucchini pieces in the egg wash and coat in almond flour and repeat frying process until completed.

Let cool at least 5 minutes before serving alongside heated marinara and garnished with extra freshly grated parmesan and sprinkled with chopped basil leaves.