

Air Fryer Yellow Squash



Servings: 4

*4 small yellow crookneck squashes,
outside flesh wiped clean*

1 egg

1/2 cup buttermilk or milk

*1/2 cup cornmeal**

*1/2 cup all-purpose flour**

**you can sub 1 cup of cornbread mix
for the cornmeal and flour*

1/2 teaspoon salt

1/4 teaspoon ground black pepper

*1/4 teaspoon cayenne pepper
(optional)*

olive oil spray

Cut the stem end and the skinny "neck" off of the squashes. Cut them into 1/8-inch slices.

Whisk together the milk/buttermilk and egg in a small (cereal size) bowl. Place the slices of squash into the milk and egg mixture.

Use a fork to stir together the cornmeal, flour, salt, pepper, and cayenne (if using) in a small bowl.

Preheat the air fryer to 350 degrees

Set out a baking sheet. I like to place a cooling rack on it but this is not an absolutely necessary step. Remove the squash pieces one at a time from the milk bath. Dip into the cornmeal mixture and make sure both sides are well-coated (it will be a thin coat, you just want to make sure the whole slice of squash is coated).

Place the breaded squash pieces on the baking sheet. Spray the squash on both sides with olive oil spray. Place the squash in a single layer in the air fryer basket. Cook for 3 minutes then stir and cook for another 3 minutes. The squash should be tender and golden-brown after 6 minutes but if not, stir and cook for an additional 2 minutes. Repeat with remaining squash.

Serve immediately.

Per Serving (excluding unknown items): 19 Calories; 1g Fat (61.3% calories from fat); 2g Protein; trace Carbohydrate; trace Dietary Fiber; 53mg Cholesterol; 284mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat.