



## Air Fryer Vegetable Croquettes

### Description

### Ingredients

- 2 medium potatoes, peeled and grated
- 1 large carrot, peeled and grated
- 1 small zucchini, grated
- 1/2 cup grated cheddar cheese
- 1/4 cup grated Parmesan cheese
- 2 green onions, finely chopped
- 1/4 cup all-purpose flour
- 1 egg, beaten
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1/2 tsp black pepper
- Cooking spray

### Instructions

- **Prepare the Vegetable Mixture:**
  - Grate the potatoes, carrot, and zucchini. Use a clean kitchen towel or cheesecloth to squeeze out excess moisture from the grated vegetables.
  - In a large bowl, combine the grated vegetables, cheddar cheese, Parmesan cheese, and green onions.
- **Mix the Ingredients:**
  - Add the flour, beaten egg, garlic powder, onion powder, salt, and black pepper to the vegetable mixture. Mix well until all ingredients are thoroughly combined.
- **Shape the Croquettes:**
  - Preheat your air fryer to 200°C (400°F) for about 3 minutes.
  - Take about 1/4 cup of the mixture and shape it into a log or croquette shape. Repeat with the remaining mixture.
- **Cook the Croquettes:**

- Lightly spray the croquettes with cooking spray.
- Place the croquettes in the air fryer basket in a single layer. Avoid overcrowding; you may need to cook in batches.
- Cook at 200°C (400°F) for 10-12 minutes, flipping halfway through, until the croquettes are golden brown and crispy.
- **Serve:**
  - Remove the croquettes from the air fryer and let them cool slightly before serving.
  - Optional: Serve with your favorite dipping sauce.

Serving: 1 servings, Carbohydrates: 21.5 g, Protein: 22.5 g, Fat: 3.5 g, Saturated Fat: 1 g, Cholesterol: 69 mg, Sodium: 426.5 mg, Fiber: 1.5 g, Sugar: 1.5 g

### Category

1. Air Fryer Recipes

### Date

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