

Green Bean Fries

INGREDIENTS

6 SERVINGS
TIME: 15 MINUTES

- 1 pound fresh green beans
- 1 cup breadcrumbs
- 1/2 cup Parmesan cheese, grated
- 1 tablespoon garlic powder
- 2 eggs
- 1/2 cup all-purpose flour

Adapted: adventuresofanurse.com



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PROCEDURE

1. In a small bowl, combine parmesan cheese, breadcrumbs, and garlic powder.
2. Coat the green beans in flour, shaking off any excess.
3. Dip each green bean in whisked egg.
4. Dip egg coated green bean in breadcrumb mixture, pressing gently to coat.

Air Fryer Method:

1. Preheat air fryer to 390°F.
2. Place green beans in a single layer in air fryer basket.
3. Air fry for about 5 minutes, or until golden brown and crispy.

Oven Method:

1. Preheat the oven to 400°F.
2. Place green beans on a parchment lined baking sheet.
3. Bake for about 15 - 20 minutes, or until golden brown and crispy.

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