

# Ingredients



1 pound fresh green beans  
1 cup panko bread crumbs  
1/2 cup parm cheese  
1 tbs garlic powder  
2 eggs  
1/2 cup flour

## Air Fryer Garlic and Parm Green Bean fries

MOM  
fueling  
HUNGRY  
BOYS

### Instructions

- Rinse green beans
- Coat in flour (Optional)
- Whisk eggs and dip green beans in eggs
- Mix together parm cheese, panko bread crumbs and garlic powder
- after dipping the beans in eggs Dip green beans in panko mix coat the green beans well.
- Place in air fryer on 390 for 5 minutes or until golden brown.
- Sprinkle with additional parm cheese
- Notes
- You can skip the flour if need be it does help the eggs to stick to the beans

