

# Potatoes Brabant – Air Fryer



**Plan Z Phase:** This is a Z3.5 (ZReboot3.5) recipe.

Potatoes Brabant are super-easy to make in an air fryer. The dusting of grated Parmesan cheese helps keep the glycemic uptake down so your blood sugar won't spike. I don't make these often, but they are a real treat when I do.

**Servings:** Serves 2. Can be doubled easily.

## **Ingredients:**

- 3 or 4 small yellow potatoes. (2-3" in diameter)
- 4 Tbl of grated Parmesan cheese (or to taste)
- Grated sea salt and pepper

## **Instructions:**

Wash and dry your potatoes. You don't even need to peel them. Cut them into small cubes, maybe 1/2" across.

Spray your air fryer basket with olive oil spray. Put in the potato bits. Spray them again with olive oil and toss. Do this over the sink in case it drips. Cook the potatoes at 400 degrees for 20-25 minutes.

They will be crispy on the outside and perfectly tender in the middle.

With some air fryers, it is a good idea to toss them half-way through so the ones on the bottom get crispy too. My air fryer has a shallow basket, so I don't need to do that.

Dust with grated Parmesan, season with grated sea salt and pepper and serve.

Enjoy!

Cheers