

Paleo Fried Zucchini Recipe with Cool Dill Dip



Ingredients

Fried Zucchini Ingredients

- 2 medium-length (and thick) zucchini squash
- 3 tbs coconut flour
- 1 tsp paprika
- 2 tbs almond milk
- 1 egg
- Sea salt to taste
- Coconut oil (for frying)
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Cool Dill Dip Ingredients

- 1/2 cup of coconut milk cream (the thick part at the top of the can that forms when full-fat coconut milk is refrigerated)
- 2 tsp lemon juice
- 1 tbs dried parsley
- 1 tsp dried dill
- 1/4 tsp garlic powder
- 1/8 tsp salt
- Pinch of ground black pepper

Instructions

Cool Dill Dip Instructions

1. Blend all dip ingredients in a bullet blender or similar mixer
2. If it's too thick, add a little coconut water from the coconut milk
3. Refrigerate until ready to serve

Fried Zucchini Instructions

4. Whisk egg and almond milk together in a small bowl. Set aside
5. Place coconut flour and paprika in a large Ziplock-type plastic bag. Shake to mix and set aside

6. Heat a layer of coconut oil about 1/2-inch deep in a heavy skillet – set to medium low to medium heat
7. Cut zucchini into 1/4-inch round slices
8. Add zucchini slices to plastic bag and shake to coat with dry mixture
9. Remove slices from bag and lightly tap each to remove loose seasonings
10. Next dip each slice into the egg and almond milk mixture
11. Very carefully place the seasoned and dipped zucchini slices into the hot coconut oil
12. Cook about one minute on each side, or until golden
13. Remove from skillet and place on a paper towel-lined plate to absorb excess oil
14. Sprinkle with sea salt to taste
15. Serve with the dill dip and enjoy!

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