

Oven-Baked Zucchini Sticks That Beat Fries Every Time

Why These Baked Zucchini Sticks Work



OVEN
425°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 2 medium zucchinis, cut into sticks
- 1/2 cup grated Parmesan cheese
- 1/2 cup breadcrumbs (Panko is my go-to for crunch)
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- 1 large egg, beaten

DIRECTIONS

- 1.** Prep and Preheat: I preheat my oven to 425°F (220°C) and line a baking sheet with parchment paper-or lightly grease it if I'm out of parchment. This helps prevent sticking and makes cleanup easier.
- 2.** Make the Coating: In a shallow bowl, I mix together the grated Parmesan, breadcrumbs, garlic powder, Italian seasoning, and a pinch each of salt and black pepper. This blend gives the sticks all their crispy, savory flavor.
- 3.** In a separate bowl, I whisk the egg until it's smooth and ready for dipping.
- 4.** Coat the Zucchini: I dip each zucchini stick into the egg first, letting any extra drip off, then roll it in the breadcrumb mixture. I press gently to make sure the coating sticks well, then transfer it to the baking sheet. Repeat until all the sticks are breaded and lined up.
- 5.** It's a bit of a process, but once you get going, it's actually kind of relaxing-and worth every minute.
- 6.** Bake Until Golden: Into the oven they go for 20-25 minutes. I usually check around the 18-minute mark and give the pan a little shake to make sure everything is browning evenly. The zucchini should be golden and crisp, especially on the edges.
- 7.** For extra crunch, I sometimes broil them for the last 1-2 minutes-but keep a close eye to avoid burning.
- 8.** Cool and Serve: I let the sticks cool for a couple of minutes so they don't burn my fingers, then serve them warm with a dipping sauce. Marinara is the classic pairing, but ranch, garlic aioli, or even spicy sriracha mayo are all great options.

