

## Cheesy Garlic Zucchini Steaks - A Flavor-Packed Low-Carb Side

Cheesy Garlic Zucchini Steaks



**OVEN**  
**375°F**

**TIME**  
**10 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

4 medium zucchinis, sliced into thick steaks (lengthwise or into thick rounds)  
2 tablespoons olive oil  
2 garlic cloves, minced  
¾ cup vegan cheese shreds (or regular mozzarella, cheddar, or parmesan)  
½ teaspoon dried oregano  
Salt and pepper, to taste  
Fresh basil or parsley, for garnish

### DIRECTIONS

1. Preheat Oven: Preheat to 375°F (190°C) and line a baking sheet with parchment paper.
2. Prep the Zucchini: Slice the zucchini into thick steaks-either lengthwise or thick diagonal cuts.
3. Arrange on the prepared baking sheet.
4. Drizzle with olive oil and top with minced garlic, oregano, salt, and pepper.
5. Bake: Roast in the oven for 20-25 minutes, until the zucchini is fork-tender.
6. Add Cheese and Finish Baking: Remove from oven and sprinkle with your choice of vegan or regular cheese.
7. Return to oven for 5-7 more minutes, until cheese is melted and bubbly.
8. Garnish and Serve: Top with chopped fresh basil or parsley.
9. Serve warm as a side, light main, or veggie platter centerpiece.

### TIPS FOR SUCCESS

Don't overbake in the first stage-zucchini should be tender, not mushy.

Let cheese brown slightly on top for maximum flavor.

For easy cleanup, use parchment or a silicone baking mat.

Make it a full meal by serving with quinoa, rice, or crusty bread.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cheesy-garlic-zucchini-steaks-a-flavor-packed-low-carb-side/>