

Crispy Parmesan Artichoke Hearts: The Ultimate Snack or Appetizer

Looking for a snack or appetizer that's both delicious and easy to make? These



OVEN
400°F

TIME
18-20 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 can (14 oz) quartered artichoke hearts, drained and patted dry

1/2 cup grated Parmesan cheese

1/2 cup panko breadcrumbs

1 teaspoon garlic powder

1 teaspoon Italian seasoning

1/2 teaspoon paprika

1/4 teaspoon salt

1/4 teaspoon black pepper

2 large eggs, beaten

Olive oil spray or cooking spray

Marinara sauce or aioli for dipping (optional)

Instructions:

Preheat the Oven: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly grease it.

Prepare the Coating: In a shallow bowl, mix Parmesan cheese, panko breadcrumbs, garlic powder, Italian seasoning, paprika, salt, and pepper.

Coat the Artichokes: Dip each artichoke heart into the beaten eggs, then roll in the Parmesan-panko mixture, ensuring they're evenly coated.

Arrange on Baking Sheet: Place the coated artichoke hearts on the prepared baking sheet. Lightly spray with olive oil or cooking spray to help them crisp up.

Bake: Bake for 18-20 minutes, flipping halfway

through, until golden brown and crispy.

Serve: Let cool slightly before serving with marinara sauce, aioli, or your favorite dip.

Nutritional Information:

Calories: 150 kcal per serving

Protein: 8g

Carbohydrates: 12g

Fat: 7g

Fiber: 3g

Sugar: 1g

Tips for Perfect Crispy Parmesan Artichoke Hearts:

Air Fryer Option: Cook at 375°F for 10-12 minutes for an extra crispy finish.

Fresh or Frozen Option: If using fresh or frozen artichoke hearts, cook them until tender before coating.

Cheese Variations: Swap Parmesan with Pecorino Romano for a slightly sharper flavor.

Make Ahead: Coat the artichokes in advance and refrigerate until ready to bake.

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18. These : Crispy Parmesan Artichoke Hearts are an irresistible snack or appetizer that's sure to be a hit. Perfectly crunchy and full of flavor, they're great for any occasion. Give this recipe a try and check out more tasty ideas on Chef Maniac!

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

Original recipe: <https://chefmaniac.com/crispy-parmesan-artichoke-hearts-the-ultimate-snack-or-appetizer/>