

## 10-Minute Air Fryer Parmesan Zucchini Recipe

Air Fryer Zucchini with Parmesan



**OVEN**  
**390°F**

**TIME**  
**15 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

3 medium zucchini (about 4 cups), quartered and cubed  
Olive oil spray  
1 tsp Italian seasoning  
Salt & black pepper to taste  
3 heaping tbsp grated Parmesan cheese

### DIRECTIONS

1. Prep the Zucchini: Wash and cut zucchini into evenly sized cubes (about 3/8 to 1/2 inch). Lightly spray with olive oil and toss to coat.
2. Season and Cheese: Sprinkle on:
3. Italian seasoning
4. Salt and pepper: Then gently fold in the Parmesan cheese until just coated. Don't overmix-it's okay if some cheese clings more than others!
5. Preheat the Air Fryer: Set your air fryer to 390°F (200°C) and preheat for 3 minutes.
6. Cook the Zucchini: Place zucchini in a single layer (line basket with parchment or perforated liner if needed).
7. Air fry for 4 minutes, then give the basket a good shake or stir.
8. Return for another 4-5 minutes until edges are golden brown and centers are tender.
9. Serve It Up: Serve hot! Add a pinch of extra Parmesan if you're feeling fancy, or a squeeze of lemon for brightness.

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

Original recipe: <https://chefmaniac.com/10-minute-air-fryer-parmesan-zucchini-recipe/>