

Zucchini Parmesan Crisps - Easy, Cheesy, and Perfectly Crunchy

Zucchini Parmesan Crisps ?? A Crispy, Cheesy Snack You'll Keep Coming Back To



OVEN
375°F

TIME
10 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 1 cup shredded parmesan cheese
- 1/2 cup shredded zucchini (squeezed well to remove moisture)

DIRECTIONS

- 1.** Preheat & : Prep: Heat oven to 375°F and line a baking sheet with parchment paper.
- 2.** Drain the : Zucchini: Wrap shredded zucchini in paper towels or a clean kitchen towel and squeeze out as much moisture as possible.
- 3.** Mix the : Base: In a medium bowl, combine the zucchini and parmesan cheese. Mix with your fingers to evenly distribute.
- 4.** Form : Crisps: Drop heaping tablespoons of the mixture onto the prepared baking sheet in rows (about 15 total). Flatten each mound into a round disc.
- 5.** Bake: Bake for 8-10 minutes, until the crisps are sizzling and edges are golden.
- 6.** Cool & : Serve: Let the crisps cool on the sheet for 5 minutes before serving. They'll firm up as they cool!

TIPS FOR SUCCESS

Too much moisture and the crisps won't, well, crisp!

Use parchment paper to avoid sticking and for easy cleanup.

Grate your own parmesan for the best melting and texture.

Spice it up: Add a pinch of garlic powder, Italian seasoning, or crushed red pepper flakes to the mix.

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

Original recipe: <https://chefmaniac.com/zucchini-parmesan-crisps-easy-cheesy-and-perfectly-crunchy/>