

## Crispy Parmesan Garlic Zucchini Fries - Baked to Golden Perfection

Crispy Parmesan Garlic Zucchini Fries: Crunchy, Cheesy, and Totally Addictive



**OVEN**  
**425°F**

**TIME**  
**5 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

2 medium zucchinis, cut into fries

$\frac{1}{2}$  cup all-purpose flour

2 large eggs, beaten

1 cup panko breadcrumbs

$\frac{1}{2}$  cup grated Parmesan cheese

1 tsp garlic powder

$\frac{1}{2}$  tsp paprika

Salt and black pepper, to taste

Olive oil spray

Substitutions & Additions:

Breadcrumbs: Use gluten-free panko if needed.

Spices: Add Italian seasoning or cayenne for extra flavor.

Cheese: Asiago or pecorino can sub for Parmesan.

Instructions:

1. Prep the Oven:

2. Set Up the Breading Station:

3. Dredge the Zucchini:

4. Bake to Crispy Perfection:

5. Serve:

Tips for Success:

Cut zucchini into uniform sizes for even baking.

Don't skip the olive oil spray-it helps with crispiness.

Serve immediately to keep the fries from softening.

Dipping Sauce Ideas:

Garlic aioli

Spicy sriracha mayo

Classic marinara

Ranch or bleu cheese dressing

Pairing Suggestions:

Sheet Pan Quesadillas

Crockpot Nacho Dip for a party snack board

3-Ingredient Egg Wrap for a low-carb lunch pairing

Storage & Reheating:

Fridge: Store in an airtight container for up to 2 days.

Reheat: Best reheated in an air fryer or oven to retain crispness.

## DIRECTIONS

1. **Prep the Oven:** Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper and lightly spray with olive oil.? Duration: 5 minutes
2. **Set Up the Breading Station:** In three shallow bowls, place the flour, beaten eggs, and a mixture of panko, Parmesan, garlic powder, paprika, salt, and pepper.? Duration: 3 minutes
3. **Dredge the Zucchini:** Dip each zucchini fry in flour, then egg, and finally coat with the breadcrumb-Parmesan mixture. Place them on the baking sheet.? Duration: 7-10 minutes
4. **Bake to Crispy Perfection:** Lightly spray the tops with olive oil and bake for 20-25 minutes, flipping halfway through, until golden and crispy.? Duration: 25 minutes
5. **Serve:** Serve hot with dipping sauces like marinara, ranch, or aioli.? Duration: 2 minutes
6. **Tips for Success:** Cut zucchini into uniform sizes for even baking.
7. **Don't skip the olive oil spray-it helps with crispiness.**
8. **Serve immediately to keep the fries from softening.**
9. **Dipping Sauce Ideas:** Pair your fries with:
10. Garlic aioli
11. Spicy sriracha mayo
12. Classic marinara
13. Ranch or bleu cheese dressing
14. **Pairing Suggestions:** These fries go great alongside:
15. Sheet : Pan Quesadillas

16. Crockpot : Nacho Dip for a party snack board
17. 3-Ingredient Egg Wrap for a low-carb lunch pairing
18. Storage & Reheating: Fridge: Store in an airtight container for up to 2 days.
19. Reheat: Best reheated in an air fryer or oven to retain crispness.
20. Freezer: Not recommended-zucchini can become soggy when thawed.
21. More Recipes You'll Love: Dorito Casserole - for a fun, cheesy dinner
22. Instant : Pot Lasagna - a comfort food favorite
23. Final Thoughts: These Crispy Parmesan Garlic Zucchini Fries are the ultimate way to enjoy your veggies. They're crunchy, cheesy, and easy to make-perfect for picky eaters, party platters, or just satisfying a savory snack craving. Give them a try and let me know your favorite dipping sauce!

## TIPS FOR SUCCESS

Cut zucchini into uniform sizes for even baking.

Don't skip the olive oil spray-it helps with crispiness.

Serve immediately to keep the fries from softening.

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

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