

Crispy Oven-Fried Squash Slices: The Healthier Fried Snack

Oven-Fried Squash Slices: Crispy, Golden Goodness Without the Guilt



OVEN
425°F

TIME
10 min

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INGREDIENTS

2 medium yellow squash or zucchini, sliced into 1/4-inch rounds
1/2 cup buttermilk (or milk + 1 tsp lemon juice)
1/2 cup cornmeal
1/2 cup panko breadcrumbs (or regular breadcrumbs)
1/4 cup grated Parmesan cheese (optional)
1/2 teaspoon garlic powder
1/2 teaspoon paprika
Salt and black pepper, to taste
Olive oil spray or cooking spray

DIRECTIONS

- 1.** Prep and Preheat: Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper or lightly grease it.
- 2.** Soak the Squash: Place sliced squash in a bowl with buttermilk and soak for 10 minutes.
- 3.** Mix the Coating: In a shallow dish, combine cornmeal, panko, Parmesan (if using), garlic powder, paprika, salt, and pepper.
- 4.** Dredge: Remove squash from buttermilk and let the excess drip off. Coat each slice in the cornmeal mixture, pressing to adhere.
- 5.** Bake: Arrange in a single layer on the prepared sheet. Lightly spray with oil. Bake for 10-12 minutes, flip, then bake another 10-12 minutes until golden and crisp.

SWAPS & NOTES

Buttermilk Substitute : Use regular milk with a splash of lemon or vinegar.

Breadcrumbs : Gluten-free or crushed crackers work great, too.

Squash : Use either or both-they bake up equally delicious.

Cheese-Free : Skip the Parmesan to make it dairy-light.

TIPS FOR SUCCESS

Cut squash evenly so all pieces bake at the same rate.

Use a wire rack on your baking sheet for even crisping underneath.

Spray lightly but evenly -just enough to crisp without sogging.

