

## Crispy Zucchini Cheese Crisps: Healthy & Delicious Snack

Looking for a snack that's both deliciously cheesy and surprisingly nutritious? These



**OVEN**  
**300°F**

**METHOD**  
**Air fryer**

**PRINT**  
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**SAVE**  
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### INGREDIENTS

1 cup grated zucchini

1 cup hard but melty cheese (Gruyere, cheddar, Parmesan, Swiss, or a mix)

Swaps and Notes:

Zucchini: You can use green zucchini or yellow summer squash. Ensure it's fresh and firm.

Cheese: The type of cheese you use greatly impacts the flavor! Gruyere: Offers a nutty, complex flavor and melts beautifully.

Cheddar: Provides a classic, sharp, and familiar cheesy taste.

Parmesan: Adds a salty, umami kick and gets very crispy. You can use solely Parmesan for very thin crisps.

Swiss: Melts well with a distinct, slightly sweet and nutty flavor.

A mix of cheeses (e.g., cheddar and Parmesan) can offer the best of both worlds in terms of melt and flavor.

Optional Seasoning: For extra flavor, you can mix a pinch of garlic powder, onion powder, dried oregano, or a tiny dash of red pepper flakes into the zucchini-cheese mixture.

### DIRECTIONS

1. Let's get these cheesy zucchini crisps baking to golden perfection!
2. Prepare : Zucchini & Remove Moisture: Start by placing a cheesecloth (or a clean, thin kitchen towel) into a bowl. Grate the zucchini directly into the cheesecloth. This step is absolutely crucial for achieving that crispy crunch! Once grated, gather the corners of the cheesecloth and twist tightly, pressing out all the liquid thoroughly. You'll be surprised how much water comes out. The drier the zucchini, the crispier your crisps will be.
3. Combine : Zucchini and Cheese: Next, grate your chosen hard but melty cheese into a mixing bowl. Add the thoroughly squeezed, grated zucchini to the bowl with the cheese. Mix them very well with your hands or a spoon until they are perfectly combined and the cheese is evenly distributed with the zucchini.
4. Form : Mounds on Baking Sheet: Line a baking sheet with parchment paper. This is essential to prevent sticking and allows for easy removal. Take about 1 tablespoon of the zucchini and cheese mixture for each crisp and form it into a little mound. Place these mounds evenly on your prepared baking sheet, making sure to leave plenty of space (about 2-3 inches) between each mound to allow the cheese to spread out as it melts and crisps.
5. Broil for : Crispiness: Now, pop the baking sheet into the top third of your oven. Set your oven to broil on a low setting. Keep a very close eye on these beauties as they cook! Broilers can be intense, and things can go from golden to burnt quickly.

6. Watch for : Golden Edges: Once you see the edges of the cheese crisps turning a beautiful golden brown and the cheese is bubbly and melted, carefully remove the sheet from the oven.
7. Cool & : Drain: Immediately after removing from the oven, lift the entire parchment paper with the crisps on it and transfer it to a wire cooling rack. Allow the crisps to cool for a couple of minutes on the parchment paper - they will continue to crisp up as they cool. Then, gently remove them from the parchment paper (they should lift off easily once cool enough to handle). For an extra crispy finish and to absorb any excess fat, place them on a paper-towel-lined plate for another minute or two.
8. Enjoy these delightful : Zucchini Cheese Crisps as a snack or appetizer. They're perfect for any gathering or just a cozy night in!

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### TIPS FOR SUCCESS

This is the single most important step.

If your zucchini is too wet, your crisps will be soggy, not crispy.

Broiler on LOW: Unless you know your broiler is very gentle, start with a low setting.

Watch them constantly, as broilers can be unpredictable.

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

Original recipe: <https://chefmaniac.com/crispy-zucchini-cheese-crisps-healthy-delicious-snack/>