

Air Fryer Zucchini Fries (or Rounds): Crispy & Healthy

Craving a snack or side dish that's both deliciously crispy and surprisingly healthy? These



OVEN
400°F

TIME
3 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 2 medium zucchini, sliced into 1/4-inch rounds or sticks
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon black pepper
- Salt to taste
- 1/4 cup grated Parmesan cheese (optional for extra flavor)
- 1/2 cup breadcrumbs (optional for breaded version)
- 1 egg, beaten (optional for breaded version)

Swaps and Notes:

Zucchini: Choose firm, fresh zucchini. Yellow summer squash can also be used for a slightly different color and mild flavor. Cutting them into uniform 1/4-inch rounds or sticks is key for even cooking.

Olive Oil: A good quality olive oil enhances the flavor. Avocado oil also works well for air frying.

Paprika: Regular paprika adds color and mild flavor. Smoked paprika can be used for a deeper, smoky taste.

Parmesan Cheese (Optional): Grated Parmesan adds a salty, savory, and umami boost. Highly recommended!

Breadcrumbs (Optional): Panko breadcrumbs will give you an extra light and crispy coating. Gluten-free breadcrumbs work too.

Egg (Optional): Essential for helping the breadcrumbs adhere if you choose the breaded version.

Optional Spices: A tiny pinch of red pepper flakes for a subtle kick, or onion powder for extra savory depth.

DIRECTIONS

1. Let's get these crispy : Air Fryer Zucchini slices or sticks cooking!
2. Prepare : Zucchini: Start by washing your zucchini thoroughly. Slice it into uniform 1/4-inch rounds or sticks - this helps them cook evenly! After slicing, pat them very dry with a paper towel. This is an important step to remove excess moisture, which helps them crisp up beautifully in the air fryer rather than steam.
3. Seasoning for : Quick & Easy Version: For the quick and easy version (non-breaded), simply place the dry zucchini slices or sticks in a bowl. Drizzle with 1 tablespoon of olive oil, and sprinkle with 1/2 teaspoon of olive oil, and sprinkle with 1/2 teaspoon garlic powder, 1/2 teaspoon paprika, 1/4 teaspoon black pepper, and a sprinkle of salt (to taste). Toss well until all the zucchini is evenly coated. If you want to amp up the flavor and savoriness, go ahead and add in the 1/4 cup of grated Parmesan cheese and toss again!
4. Preparation for : Crispy Breaded Version (Optional): If you're feeling a bit indulgent and want a crispy breaded version: Set up two shallow bowls. In the first bowl, add the 1 beaten egg.
5. In the second bowl, combine the 1/2 cup breadcrumbs and the 1/4 cup grated Parmesan cheese (if using for the breading) along with your chosen spices (garlic powder, paprika, black pepper, salt). Mix well.
6. Dip each zucchini slice or stick into the beaten egg, letting any excess drip off. Then, coat it thoroughly with the breadcrumb mixture, pressing gently to ensure a good coating. Place the coated zucchini on a separate plate.

7. **Preheat : Air Fryer:** Preheat your air fryer to 400°F (200°C) for about 3 minutes, so it's nice and hot when the zucchini goes in. A preheated air fryer helps achieve that immediate crispness.
8. **Air : Fry Zucchini:** Place the seasoned or breaded zucchini in a single layer in the air fryer basket. It's crucial not to overcrowd the basket; this allows air to circulate properly, ensuring crispiness. You will likely need to cook in batches. Cook for 8-10 minutes. Don't forget to flip them halfway through (around 4-5 minutes) to ensure they get that gorgeous golden brown color and crispy texture on all sides!
9. **Serve:** Once done, remove the zucchini from the air fryer. Serve them up immediately, and enjoy with your favorite dip. Happy snacking!

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TIPS FOR SUCCESS

Pat Zucchini DRY: This is the most important step for crispy results.

Any excess moisture will steam the zucchini, making it soft instead of crisp.

Don't Overcrowd the Basket: Air fryers work by circulating hot air.

If you pack the basket too full, the zucchini will steam.

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

Original recipe: <https://chefmaniac.com/air-fryer-zucchini-fries-or-rounds-crispy-healthy/>