

## Crispy Parmesan Artichoke Hearts: A Perfect Snack or Appetizer

Crispy Parmesan Artichoke Hearts



**OVEN**  
**380°F**

**TIME**  
**10-15 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

2 (14 ounce) cans artichoke hearts (packed in water, not oil), thoroughly drained  
2 tablespoons olive oil  
1/2 teaspoon garlic powder  
1/4 teaspoon salt  
1/8 teaspoon black pepper (or to taste)  
1/2 cup grated Parmesan cheese, plus more for topping  
Optional Garnish: Fresh chopped parsley, lemon wedges for squeezing

### DIRECTIONS

1. Let's get these crispy artichoke hearts cooking!
2. Prepare : Artichoke Hearts (Crucial!): Open the cans of artichoke hearts and drain them very thoroughly. Spread them out on a few layers of paper towels and use more paper towels to pat them as dry as possible. You want to remove as much moisture as you can. If any pieces are very large, you can halve or quarter them.
3. Season & : Coat: In a medium bowl, gently toss the dried artichoke hearts with the olive oil, garlic powder, salt, and black pepper until lightly coated.
4. Add : Parmesan: Sprinkle the grated Parmesan cheese over the seasoned artichoke hearts. Toss gently again until all the pieces are well coated with the cheese.
5. Air : Fry or Bake: Air Fryer Method: Arrange the artichoke hearts in a single layer in your air fryer basket. Do not overcrowd the basket; cook in batches if necessary. Overlapping pieces will steam instead of crisp. Air fry at 380°F (195°C) for 10-15 minutes, shaking the basket halfway through, until golden brown and crispy.
6. Baking : Method: Arrange the artichoke hearts in a single layer on a baking sheet lined with parchment paper. Bake at 400°F (200°C) for 20-30 minutes, flipping halfway through, until golden brown and crispy.
7. Serve & : Garnish: Remove the crispy artichoke hearts from the air fryer/oven. Transfer to a serving platter. Garnish with fresh chopped parsley and a sprinkle of extra Parmesan cheese, if desired. Serve immediately with lemon wedges for squeezing.

## SWAPS & NOTES

Artichoke Hearts: Use canned artichoke hearts packed in water, not oil, for this recipe.

It's crucial to drain them very, very well and pat them dry to ensure they get crispy.

Excess moisture will lead to soggy results.

You can also use frozen artichoke hearts (thawed and squeezed dry) but avoid marinated ones for this preparation.

### TIPS FOR SUCCESS

**Dryness is Key:** This cannot be emphasized enough.

Excess moisture is the enemy of crispy artichoke hearts.

**Don't Overcrowd:** Whether using an air fryer or oven, cooking in a single layer is vital for achieving crispness.

**High Heat:** Cooking at a higher temperature helps achieve that desirable golden-brown, crispy exterior quickly.

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

Original recipe: <https://chefmaniac.com/crispy-parmesan-artichoke-hearts-a-perfect-snack-or-appetizer/>