

## Oven-Fried Okra, Squash & Onion: Crispy, Healthy & Delicious Side

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**OVEN**  
**425°F**

**TIME**  
**5 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 1 cup fresh okra, sliced into 1/2-inch rounds
- 1 medium yellow squash, sliced into 1/4-inch rounds
- 1 small sweet onion, cut into thin wedges or rings
- 1/2 cup buttermilk (or milk + 1 tsp lemon juice)
- 1/2 cup cornmeal
- 1/2 cup panko or fine breadcrumbs
- 1/4 cup grated Parmesan cheese (optional)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- Salt and black pepper, to taste
- Olive oil or cooking spray

### DIRECTIONS

- 1. Preheat : Oven & Prepare Baking Sheet:** Preheat your oven to a toasty 425°F (220°C). Line a large baking sheet with parchment paper or give it a good, even spritz of cooking spray. This will help prevent sticking and ensure easy cleanup.
- 2. Marinate : Vegetables:** In a large bowl, combine your beautiful fresh okra (sliced into 1/2-inch rounds), yellow squash (sliced into 1/4-inch rounds), and small sweet onion (cut into thin wedges or rings). Pour the buttermilk over them and toss gently to coat everything. Let them hang out for about 10 minutes to soak up that creamy goodness.
- 3. Prepare : Coating Mixture:** While the veggies are soaking, grab another medium-sized bowl. Whisk together the cornmeal, panko (or fine breadcrumbs), Parmesan cheese (if you're using it), garlic powder, smoked paprika, salt, and black pepper. Mix well to ensure all the spices are evenly distributed.
- 4. Coat : Vegetables:** Working in batches if necessary, take the marinated vegetables from the buttermilk (letting excess drip off) and dredge them thoroughly in the cornmeal mixture. Press gently to ensure they're well-coated on all sides. Shake off any excess coating and spread them out in a single layer on your prepared baking sheet. Ensure the vegetables aren't overlapping too much for optimal crisping.
- 5. Spray for : Crispness:** Give the tops of your veggie beauties a light, even spray with olive oil or cooking spray. This helps them crisp up beautifully in the oven, mimicking the effect of frying.
- 6. Bake & : Flip:** Pop the baking sheet into the preheated oven and bake for 25-30 minutes. Don't forget to flip

them halfway through (around 12-15 minutes) to achieve that perfect golden-brown crunch on both sides. The vegetables should be tender inside and wonderfully crispy outside.

7. **Serve:** Remove from the oven and serve them hot. Enjoy every crispy bite!

## SWAPS & NOTES

**Veggies:** While okra, yellow squash, and sweet onion are the stars here, you can certainly experiment with other quick-cooking vegetables.

Zucchini, green beans, or even bell peppers could be interesting additions.

Ensure all vegetables are sliced to a similar thickness for even baking.

**Buttermilk:** Buttermilk is crucial for helping the coating adhere and for adding a subtle tang.

## TIPS FOR SUCCESS

**Don't Overcrowd the Pan:** For truly crispy results, ensure the vegetables are spread in a single layer with a little space between them.

If they're too close, they'll steam instead of crisp.

**Pat Dry (Optional but Recommended):** For extra crispiness, after soaking in buttermilk, you can lightly pat the vegetables dry with a

paper towel before dredging in the cornmeal mixture.

Flip Carefully: Use a thin spatula to gently flip the vegetables halfway through baking to ensure even browning on all sides.

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

Original recipe: <https://chefmaniac.com/oven-fried-okra-squash-onion-crispy-healthy-delicious-side/>