

Oven-Fried Okra, Squash & Onion Bites: Crispy & Healthy Veggies

Oven-Fried Okra, Squash, and Onion Bites: Your New Favorite Crunchy Veggie Delight!



OVEN
425°F

TIME
5 min

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Recipe Card

SAVE
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INGREDIENTS

- 1 cup fresh okra, sliced into $\frac{1}{2}$ -inch rounds
- 1 medium yellow squash, sliced into $\frac{1}{2}$ -inch thick rounds
- 1 small sweet onion, cut into thin wedges or rings
- $\frac{1}{2}$ cup buttermilk (or regular milk plus 1 tsp lemon juice for a buttermilk substitute)
- $\frac{1}{2}$ cup cornmeal
- $\frac{1}{2}$ cup panko or fine breadcrumbs
- $\frac{1}{2}$ cup grated Parmesan cheese (optional, but highly recommended!)
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon smoked paprika
- Salt and black pepper to taste
- Olive oil or cooking spray

Swaps and Notes:

Vegetables: Use fresh, firm okra, yellow squash, and a sweet onion (like Vidalia). Zucchini can be substituted for yellow squash.

Buttermilk: Buttermilk is key for helping the coating adhere and tenderizing the vegetables. If you don't have it, combine regular milk with 1 tsp lemon juice (or white vinegar) and let it sit for 5 minutes before using.

Cornmeal: Adds classic Southern flavor and a distinctive crunch.

Panko/Breadcrumbs: Panko offers a lighter, crispier texture. Fine breadcrumbs will also work.

Parmesan Cheese: Adds a salty, umami kick and helps with browning. If omitting for dairy-free, increase breadcrumbs slightly.

Smoked Paprika: Essential for that subtle smoky flavor. Regular paprika can be used, but smoked is preferred.

Olive Oil/Cooking Spray: A light spray or drizzle is crucial for achieving that "fried" crispness in the oven.

Directions:

Preheat Oven & Prep Sheet: Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper or give it a light coating of cooking spray. This helps prevent sticking and makes cleanup a breeze.

Soak Vegetables: In a large bowl, combine the sliced okra, yellow squash, and sweet onion. Pour the buttermilk over them. Toss to coat well and allow them to soak for about 10 minutes. This helps the breading stick.

Prepare Breading Mixture: In another separate medium bowl, mix together the cornmeal, panko (or fine breadcrumbs), grated Parmesan cheese (if using), garlic powder, smoked paprika, salt, and black pepper. Whisk until everything is thoroughly combined. This is your flavorful crispy coating!

Dredge Vegetables: Working in batches, remove the vegetable pieces from the buttermilk, letting any excess drip off. Dredge each vegetable piece in the cornmeal mixture, gently pressing to ensure an even and thorough coating. Shake off any excess breading.

Arrange & Spray: Spread the breaded vegetable pieces out in a single layer on your prepared baking sheet. Ensure they are not overlapping, as this will prevent even crisping. Lightly spray the tops of the vegetables with olive oil or cooking spray for an extra crispy, golden finish.

Bake: Bake for 25-30 minutes, flipping them halfway through (around the 12-15 minute mark) to achieve a beautiful golden brown crust and tender interiors. The exact time may vary depending on your oven and the thickness of your veggie slices.

Serve: Once done, transfer these crunchy bites hot to a serving platter. Serve them immediately alongside your favorite dipping sauce. Enjoy!

Tips for Success:

Pat Dry (Optional): After soaking in buttermilk, you can give the veggies a quick, gentle pat with a paper towel before dredging if they seem overly wet.

Even Coating: Ensure each piece is thoroughly coated in the breading mixture for maximum crunch.

Single Layer is Key: Do not overcrowd the baking sheet. If crowded, the vegetables will steam

instead of crisping. Use two baking sheets if necessary.

Don't Skip the Oil Spray: The light spray of oil helps the breading crisp up and achieve that "fried" texture in the oven.

Serve Hot: These are best enjoyed fresh and hot from the oven when they are at their crispiest.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

DIRECTIONS

1. **Making these :** Oven-Fried Okra, Squash, and Onion Bites is straightforward, mostly involving a simple breading station and baking!
2. **Preheat : Oven & Prep Sheet:** Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper or give it a light coating of cooking spray. This helps prevent sticking and makes cleanup a breeze.
3. **Soak : Vegetables:** In a large bowl, combine the sliced okra, yellow squash, and sweet onion. Pour the buttermilk over them. Toss to coat well and allow them to soak for about 10 minutes. This helps the breading stick.
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11. **Single : Layer is Key:** Do not overcrowd the baking sheet. If crowded, the vegetables will steam instead of crisping. Use two baking sheets if necessary.
12. **Don't : Skip the Oil Spray:** The light spray of oil helps the breading crisp up and achieve that "fried" texture in the oven.
13. **Serve : Hot:** These are best enjoyed fresh and hot from the oven when they are at their crispiest.
14. **Serving Suggestions and Pairings:** These Oven-Fried Okra, Squash, and Onion Bites are an incredibly versatile side dish or appetizer. They're perfect for summer barbecues, potlucks, game nights, or as a delicious addition to any meal. Serve them with a side of ranch dressing, honey mustard, comeback sauce, or a spicy aioli. They pair wonderfully with grilled chicken, fish, burgers, or as a fresh counterpoint to a hearty meal like my [This Tomato Skillet with Okra and Sausage Is My Favorite Quick Dinner Packed with Southern Flavor](#).
15. **Storage and Leftover Tips:** Oven-Fried Okra, Squash, and Onion Bites are definitely best enjoyed fresh and hot for maximum crispness. If you have any leftovers, store them in an airtight container in the refrigerator for up to 2 days. To reheat, spread them in a single layer on a baking sheet and warm in a 375°F (190°C) oven or toaster oven for 5-10 minutes, or until warmed through and re-crisped. The coating may not be quite as crunchy as fresh, but the flavor will still be delicious. Freezing is not recommended.
16. **More Recipes You Will Love:** If you loved the crunchy texture and savory goodness of these baked vegetables, here are a few more fantastic savory recipes that I think you'll absolutely love:
17. For another effortless way to impress guests with a cheesy appetizer, check out my [This Baked Brie Appetizer Is My Favorite Effortless Way to Impress Guests](#).
18. If you love hot, gooey cheese, my [This Crockpot Nacho Dip Is the Reason I Never Have Leftovers](#) is a must-make.
19. For a fun, customizable, and no-fuss meal perfect for entertaining, my [This Walking Taco Bar Is My Favorite No-Fuss Way to Feed a Crowd](#) is a fantastic choice.
20. And for an incredibly cheesy and easy-to-make casual meal, my [Easy Cheesy Chicken Sliders with Marinara Garlic Butter](#) are always a hit!
21. **Final Thoughts:** These Oven-Fried Okra, Squash, and Onion Bites are a true testament to how simple

vegetables can be transformed into a delightfully crunchy and flavorful dish without the need for deep frying. They're quick, easy, and sure to become a new favorite side or snack. Give them a try, and enjoy this delicious twist on classic veggies!

22. What's your favorite way to make vegetables crispy and delicious in the oven? Share your ideas and feedback in the comments below, and don't forget to follow Chef Maniac for more delightful and inspiring recipes!

SWAPS & NOTES

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Zucchini can be substituted for yellow squash.

Buttermilk: Buttermilk is key for helping the coating adhere and tenderizing the vegetables.

If you don't have it, combine regular milk with 1 tsp lemon juice (or white vinegar) and let it sit for 5 minutes before using.

TIPS FOR SUCCESS

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Single Layer is Key: Do not overcrowd the baking sheet.

If crowded, the vegetables will steam instead of crisping.

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

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