

## Baked Cheesy Zucchini Steaks: Perfect Low-Carb Meal

Cheesy Garlic Zucchini Steaks: A Delicious Veggie Delight for Any Meal!



**OVEN**  
**400°F**

**TIME**  
**30 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

2 large zucchini, sliced lengthwise into 1/2-inch thick 'steaks'

2 tablespoons olive oil or melted butter

2 cloves garlic, minced

Salt and black pepper, to taste

1/2 teaspoon Italian seasoning (optional, but adds great flavor)

1/2 cup shredded mozzarella cheese

1/4 cup grated Parmesan cheese

Optional garnish: chopped fresh parsley or basil

Swaps and Notes:

**Zucchini:** Choose large, firm zucchini for nice, substantial "steaks."

**Olive Oil/Melted Butter:** Both work well. Olive oil for a slightly lighter touch, butter for more richness.

**Garlic:** Freshly minced garlic provides the best aromatic flavor.

**Seasoning:** Italian seasoning adds a classic herbaceous blend. If you don't have it, a pinch of dried oregano, basil, or thyme would be good.

Adjust salt and pepper to your taste.

**Cheese:** Shredded mozzarella provides the gooey melt, while grated Parmesan adds sharp, salty flavor and a nice golden crust. Freshly grated cheeses always melt better than pre-shredded. Other melting cheeses like provolone or Monterey Jack could also be used.

Garnish: Fresh parsley or basil adds a pop of color and freshness.

Directions:

Preheat Oven & Prep Sheet: Preheat your oven to 400°F (200°C). Line a baking sheet with foil or parchment paper for easy cleanup.

Season Zucchini Steaks: Brush both sides of the zucchini steaks generously with olive oil or melted butter. Then, sprinkle evenly with the minced garlic, salt, black pepper, and Italian seasoning (if you're using it).

(Optional) Sear for Extra Flavor: For a little extra flavor and a beautiful golden crust, heat a skillet (cast iron or non-stick) over medium-high heat. Once hot, sear each zucchini steak for 1-2 minutes per side until they're lightly golden. This step adds great depth but can be skipped if you're short on time.

Transfer & Top with Cheese: Transfer those beautiful, seasoned (and seared, if you did that step) zucchini steaks to the prepared baking sheet. Top each one generously with shredded mozzarella cheese and grated Parmesan cheese.

Bake: Bake in the preheated oven for about 10-12 minutes, or until the zucchini is tender (easily pierced with a fork), and the cheese is beautifully melted and lovely golden.

(Optional) Broil for Golden Finish: For that extra bubbly, golden, and slightly crispy finish on the cheese, you can broil for an additional 1-2 minutes. Keep a very close eye on it, as cheese can burn quickly under the broiler!

Serve: Finish with a sprinkle of fresh herbs like chopped parsley or basil for a pop of color and freshness, then serve warm.

Tips for Success:

Uniform Slices: Slicing zucchini into even  $\frac{1}{2}$ -inch thick "steaks" ensures uniform cooking.

Don't Overcook Zucchini: Zucchini cooks quickly and can get mushy if overbaked. Watch for tenderness.

Freshly Minced Garlic: Provides the best aroma and flavor compared to pre-minced or garlic powder.

Good Quality Cheese: Freshly shredded mozzarella and grated Parmesan melt more smoothly and taste better.

Hot Oven/Skillet: For searing, a hot skillet helps create a nice crust. For baking, a properly preheated oven ensures even cooking.

Serve Warm: These are best enjoyed warm, when the cheese is gooey and the zucchini is tender.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

For an effortless way to impress guests with a

cheesy appetizer, check out my [This Baked Brie Appetizer Is My Favorite Effortless Way to Impress Guests](#).

If you love hot, gooey cheese, my [This Crockpot Nacho Dip Is the Reason I Never Have Leftovers](#) is a must-make.

## DIRECTIONS

1. Making these : Cheesy Garlic Zucchini Steaks is quick and straightforward, perfect for a speedy veggie meal!
2. Preheat : Oven & Prep Sheet: Preheat your oven to 400°F (200°C). Line a baking sheet with foil or parchment paper for easy cleanup.
3. Season : Zucchini Steaks: Brush both sides of the zucchini steaks generously with olive oil or melted butter. Then, sprinkle evenly with the minced garlic, salt, black pepper, and Italian seasoning (if you're using it).
4. (Optional) Sear for Extra Flavor: For a little extra flavor and a beautiful golden crust, heat a skillet (cast iron or non-stick) over medium-high heat. Once hot, sear each zucchini steak for 1-2 minutes per side until they're lightly golden. This step adds great depth but can be skipped if you're short on time.
5. Transfer & : Top with Cheese: Transfer those beautiful, seasoned (and seared, if you did that step) zucchini steaks to the prepared baking sheet. Top each one generously with shredded mozzarella cheese and grated Parmesan cheese.
6. Bake: Bake in the preheated oven for about 10-12 minutes, or until the zucchini is tender (easily pierced with a fork), and the cheese is beautifully melted and lovely golden.
7. (Optional) Broil for Golden Finish: For that extra bubbly, golden, and slightly crispy finish on the cheese, you can broil for an additional 1-2 minutes. Keep a very close eye on it, as cheese can burn quickly under the broiler!
8. Serve: Finish with a sprinkle of fresh herbs like

chopped parsley or basil for a pop of color and freshness, then serve warm.

9. **Tips for Success: Uniform Slices:** Slicing zucchini into even 1/2-inch thick "steaks" ensures uniform cooking.
10. **Don't : Overcook Zucchini:** Zucchini cooks quickly and can get mushy if overbaked. Watch for tenderness.
11. **Freshly : Minced Garlic:** Provides the best aroma and flavor compared to pre-minced or garlic powder.
12. **Good : Quality Cheese:** Freshly shredded mozzarella and grated Parmesan melt more smoothly and taste better.
13. **Hot : Oven/Skillet:** For searing, a hot skillet helps create a nice crust. For baking, a properly preheated oven ensures even cooking.
14. **Serve : Warm:** These are best enjoyed warm, when the cheese is gooey and the zucchini is tender.
15. **Serving Suggestions and Pairings:** These Cheesy Garlic Zucchini Steaks are incredibly versatile! They make a fantastic light main course on their own, especially for a vegetarian meal. They also shine as a flavorful side dish for grilled chicken, fish, or beef. Pair them with a simple green salad or a light pasta dish. For other easy veggie-packed sides, you might enjoy my [This Tomato Skillet with Okra and Sausage Is My Favorite Quick Dinner Packed with Southern Flavor](#) (you can omit the sausage for a veggie-focused dish!).
16. **Storage and Leftover Tips:** Cheesy Garlic Zucchini Steaks are best enjoyed fresh and hot, when the cheese is at its optimal melted stage. If you have leftovers, store them in an airtight container in the refrigerator for up to 2 days. To reheat, place them on a baking sheet and warm in a 350°F (175°C) oven or toaster oven for 5-10 minutes, or until the cheese is melted and bubbly again. Microwaving can make them a bit watery.
17. **More Recipes You Will Love:** If you loved the cheesy goodness and simple elegance of these zucchini steaks, here are a few more fantastic savory recipes that I think you'll absolutely love:
18. For an effortless way to impress guests with a cheesy appetizer, check out my [This Baked Brie Appetizer Is My Favorite Effortless Way to Impress Guests](#).
19. If you love hot, gooey cheese, my [This Crockpot Nacho Dip Is the Reason I Never Have Leftovers](#) is a must-make.
20. 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.
21. And for an incredibly cheesy and easy-to-make casual meal, my [Easy Cheesy Chicken Sliders with Marinara Garlic Butter](#) are always a hit!
22. **Final Thoughts:** These Cheesy Garlic Zucchini Steaks are a delicious and simple way to enjoy fresh zucchini in a way that feels special and satisfying. They're quick, flavorful, and a fantastic addition to any meal. Give them a try, and enjoy this delightful veggie treat!
23. What's your favorite way to transform summer zucchini into a delicious dish? Share your ideas and feedback in the comments below, and don't forget to follow Chef

## SWAPS & NOTES

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Olive oil for a slightly lighter touch, butter for more richness.

Garlic: Freshly minced garlic provides the best aromatic flavor.

Seasoning: Italian seasoning adds a classic herbaceous blend.

## TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/baked-cheesy-zucchini-steaks-perfect-low-carb-meal/>