

Keto Crispy Garlic Zucchini Chips: Healthy, Flavorful & Easy Snack

Keto Crispy Garlic Zucchini Chips: Your New Favorite Healthy & Flavorful Snack!



OVEN
225°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 2 medium zucchinis
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper

Optional: grated Parmesan cheese for topping

Swaps and Notes:

Zucchini: Choose firm, fresh zucchinis. Uniformly thin slices are crucial for even crisping. A mandoline slicer is highly recommended for this.

Olive Oil: Extra virgin olive oil adds flavor and helps with crisping. Avocado oil can also be used.

Seasoning: The garlic powder, onion powder, salt, and pepper provide a fantastic savory base. Adjust quantities to your taste. A pinch of dried herbs like oregano or a tiny bit of smoked paprika can also be lovely additions.

Parmesan Cheese (Optional): Adds a salty, cheesy flavor and contributes to crispness. Freshly grated Parmesan is best. For a dairy-free option, you can omit it or use nutritional yeast for a cheesy flavor.

No Water/Moisture: After slicing, ensure the zucchini is as dry as possible to prevent steaming and promote crisping. You can lightly pat the slices with a paper towel.

Directions:

Preheat Oven/Air Fryer: Preheat your oven to 225°F (110°C) or set your air fryer to 350°F (175°C).

The lower oven temperature is for dehydrating, while the higher air fryer temperature is for faster crisping.

Slice Zucchini: Thoroughly wash and dry the zucchinis. Slice them very thinly into rounds, ideally about 1/8 -inch thick. A mandoline slicer makes this process much easier and ensures consistent thickness for even cooking.

Season Zucchini: In a medium bowl, toss the thinly sliced zucchini with olive oil, garlic powder, onion powder, salt, and black pepper until every slice is evenly coated.

Arrange for Baking/Air Frying: Arrange the seasoned zucchini slices in a single layer on a baking sheet (if using the oven) or directly in your air fryer basket. Ensure they are not overlapping, as overcrowding will lead to steaming instead of crisping. You may need to work in batches.

Bake or Air Fry: If using the oven: Bake for 2-3 hours, or until the zucchini chips are crispy. Flip the chips halfway through (around the 1-hour to 1 hour 30 minute mark) to ensure even drying and crisping. The longer baking time at a low temperature dehydrates them.

If using the air fryer: Cook for about 15-20 minutes, shaking the basket occasionally (every 5 minutes) to ensure even cooking and crisping. Cook until they are golden brown and crispy.

(Optional) Add Parmesan: If you're using grated Parmesan cheese, sprinkle it evenly over the chips during the last few minutes of cooking (5-10 minutes for oven, 2-3 minutes for air fryer) until it's melted and slightly golden.

Cool and Enjoy: Allow the crispy zucchini chips to cool completely on the baking sheet or a wire rack. They will crisp up further as they cool. Serve immediately and enjoy your deliciously guilt-free snack!

Prep time: about 10 minutes:

Cooking time: 2-3 hours in the oven or 15-20 minutes in the air fryer:

Nutritional values: Approximately 40 calories per serving. Each serving contains 3g of carbs, 2g of protein, and 3g of fat, making it a deliciously guilt-free snack.:

Tips for Success:

Thin & Even Slices: This is the most crucial tip! Use a mandoline if possible for consistent, very thin slices. Inconsistent thickness means some chips will burn while others are still soft.

Pat Dry (Optional but Recommended): Even after slicing, giving the zucchini a quick pat with paper

towels can help remove surface moisture and improve crisping.

Single Layer: Do not overcrowd the baking sheet or air fryer basket. Overlapping slices will steam instead of crisp. Work in batches.

Low and Slow (Oven): The low oven temperature slowly dehydrates the zucchini, resulting in a chip-like crispness. Patience is key!

Shake/Flip (Air Fryer/Oven): Regularly shaking the air fryer basket or flipping chips in the oven ensures even cooking and crisping.

Cool Completely: Chips will continue to crisp up as they cool. Don't judge their crispness straight out of the oven/air fryer.

Serving Suggestions and Pairings:

Low-Carb Snacking: A great alternative to potato chips.

Appetizer: Serve with a simple dip like Ranch dressing, a light guacamole, or a tangy yogurt dip.

DIRECTIONS

1. **Making :** Keto Crispy Garlic Zucchini Chips is simple, with options for oven or air fryer baking for perfect crispiness!
2. **Preheat :** Oven/Air Fryer: Preheat your oven to 225°F (110°C) or set your air fryer to 350°F (175°C). The lower oven temperature is for dehydrating, while the higher air fryer temperature is for faster crisping.
3. **Slice :** Zucchini: Thoroughly wash and dry the zucchinis. Slice them very thinly into rounds, ideally about 1/8 -inch thick. A mandoline slicer makes this process much easier and ensures consistent thickness for even cooking.
4. **Season :** Zucchini: In a medium bowl, toss the thinly sliced zucchini with olive oil, garlic powder, onion powder, salt, and black pepper until every slice is evenly coated.
5. **Arrange for :** Baking/Air Frying: Arrange the seasoned zucchini slices in a single layer on a baking sheet (if using the oven) or directly in your air fryer basket. Ensure they are not overlapping, as overcrowding will lead to steaming instead of crisping. You may need to work in batches.
6. **Bake or :** Air Fry: If using the oven: Bake for 2-3 hours, or until the zucchini chips are crispy. Flip the chips halfway through (around the 1-hour to 1 hour 30 minute mark) to ensure even drying and crisping. The longer baking time at a low temperature dehydrates them.
7. **If using the air fryer:** Cook for about 15-20 minutes, shaking the basket occasionally (every 5 minutes) to ensure even cooking and crisping. Cook until they are golden brown and crispy.

8. (Optional) Add Parmesan: If you're using grated Parmesan cheese, sprinkle it evenly over the chips during the last few minutes of cooking (5-10 minutes for oven, 2-3 minutes for air fryer) until it's melted and slightly golden.
9. Cool and : Enjoy: Allow the crispy zucchini chips to cool completely on the baking sheet or a wire rack. They will crisp up further as they cool. Serve immediately and enjoy your deliciously guilt-free snack!
10. Tips for Success: Thin & Even Slices: This is the most crucial tip! Use a mandoline if possible for consistent, very thin slices. Inconsistent thickness means some chips will burn while others are still soft.
11. Pat : Dry (Optional but Recommended): Even after slicing, giving the zucchini a quick pat with paper towels can help remove surface moisture and improve crisping.
12. Single : Layer: Do not overcrowd the baking sheet or air fryer basket. Overlapping slices will steam instead of crisp. Work in batches.
13. Low and : Slow (Oven): The low oven temperature slowly dehydrates the zucchini, resulting in a chip-like crispness. Patience is key!
14. Shake/: Flip (Air Fryer/Oven): Regularly shaking the air fryer basket or flipping chips in the oven ensures even cooking and crisping.
15. Cool : Completely: Chips will continue to crisp up as they cool. Don't judge their crispness straight out of the oven/air fryer.
16. Serving Suggestions and Pairings: These Keto Crispy Garlic Zucchini Chips are a fantastic, healthy, and satisfying snack on their own. They're perfect for:
17. Low-: Carb Snacking: A great alternative to potato chips.
18. Appetizer: Serve with a simple dip like Ranch dressing, a light guacamole, or a tangy yogurt dip.
19. Side : Dish: A crispy side for burgers or sandwiches.
20. For other delicious ways to enjoy zucchini, check out my Cheesy Garlic Zucchini Steaks or my moist Banana Zucchini Muffins.
21. Storage and Leftover Tips: Homemade zucchini chips are best enjoyed fresh, when they are at their crispiest. If you have any leftovers, store them in an airtight container at room temperature for up to 3-4 days. To re-crisp, spread them on a baking sheet and bake in a 300°F (150°C) oven or air fryer for a few minutes until crispy again. Avoid refrigerating, as humidity can make them soggy.
22. More Recipes You Will Love: If you loved the wholesome flavor and crispy texture of these zucchini chips, here are a few more delightful recipes that I think you'll absolutely love:
23. For another fantastic way to use up zucchini in a sweet bake, check out my Old Fashioned Zucchini Bread.
24. If you're interested in preserving zucchini in a unique way, my Zucchini Marmalade is a must-try.
25. For a savory twist on yellow squash, consider my

SWAPS & NOTES

Zucchini: Choose firm, fresh zucchinis.
Uniformly thin slices are crucial for even crisping.

A mandoline slicer is highly recommended for this.
Olive Oil: Extra virgin olive oil adds flavor and helps with crisping.

TIPS FOR SUCCESS

Thin & Even Slices: This is the most crucial tip!
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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/keto-crispy-garlic-zucchini-chips-healthy-flavorful-easy-snack/>