

Crispy Baked Zucchini Fries (Keto & Gluten-Free)

Keto & Gluten-Free Zucchini Fries - Crispy, Cheesy, Totally Snackable



OVEN
400°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 2 medium zucchinis
- A few pinches of salt
- 1 egg
- 3/4 cup freshly grated parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon red pepper flakes (optional, for heat)

DIRECTIONS

1. Prep the Oven: Preheat your oven to 400°F (200°C).
2. Line a baking sheet with parchment paper for easy cleanup.
3. Slice the Zucchini: Wash and trim both ends of the zucchinis.
4. Cut lengthwise into halves, then into spears, and finally cut each spear in half again for snack-size pieces.
5. Remove Moisture: Lightly sprinkle with salt and pat dry with paper towels. This helps prevent soggy fries.
6. Set Up Breading Stations: In one shallow bowl, whisk the egg until frothy.
7. In a second bowl, mix parmesan, garlic powder, and red pepper flakes.
8. Coat the Fries: Dip each zucchini spear into the egg, let excess drip off.
9. Roll in the parmesan mixture to coat all sides.
10. Bake to Crispy Perfection: Arrange zucchini fries on the prepared sheet, spacing them apart.
11. Bake for 20 minutes, flipping halfway, until golden and crispy.
12. Serve Hot: Best served immediately with your favorite dipping sauce!

SWAPS & NOTES

Parmesan : Freshly grated melts and crisps better than pre-shredded.

Add crunch : For extra coating, add a spoonful of almond flour

to the parmesan mix.

Egg-Free Option : Try a flax egg or use avocado oil spray to help the coating stick.

Extra Flavor : Add Italian seasoning, smoked paprika, or lemon

zest to the mix.

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

Original recipe: <https://chefmaniac.com/crispy-baked-zucchini-fries-keto-gluten-free/>