

Crispy Parmesan Zucchini Fries: A Healthy and Delicious Snack

Crispy Parmesan Zucchini Fries



OVEN
425°F

TIME
18-22 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 2 medium zucchinis, cut into fry-sized sticks
- 1/2 cup all-purpose flour
- 2 large eggs, beaten
- 3/4 cup breadcrumbs (panko preferred for extra crunch)
- 1/2 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- Salt & black pepper, to taste

Olive oil spray (for baking) or oil (for frying)

Marinara or ranch, for dipping

Swaps and Notes:

Zucchini: Choose firm, medium-sized zucchinis.

Larger zucchinis can be watery, which can make the fries soggy. Patting them dry is a crucial step!

Panko Breadcrumbs: I highly recommend using panko breadcrumbs over traditional breadcrumbs. They are larger and flakier, which gives you that extra-crispy texture you're looking for.

Cheese: Freshly grated Parmesan cheese works best here, as it melts beautifully and has a stronger flavor than the pre-grated kind.

Dipping Sauce: Marinara sauce is a classic pairing, but a creamy ranch dip or even a spicy sriracha mayo would be delicious.

Oil: Using olive oil spray for baking or air frying helps get that golden-brown color without adding excess fat.

Directions:

Prepare the Coating Stations: Set up a breading station with three separate bowls. In the first bowl, add the all-purpose flour. In the second bowl, beat the two large eggs. In the third bowl, combine the breadcrumbs, grated Parmesan, garlic powder, Italian seasoning, salt, and pepper. Stir to mix well.

Coat the Zucchini: Take each zucchini stick and dredge it in the flour, shaking off any excess. Dip it into the beaten egg, allowing any extra egg to drip off. Finally, roll it in the breadcrumb-Parmesan mixture, pressing lightly to ensure the coating sticks to all sides. Place the coated sticks on a wire rack or parchment paper.

To Bake or Air Fry: **To Bake:** Preheat your oven to 425°F (220°C). Arrange the zucchini fries in a single layer on a parchment-lined baking sheet. Lightly spray with olive oil. Bake for 18-22 minutes, flipping halfway through, until golden and crispy.

To Air Fry: Place the fries in a single layer in your air fryer basket. Air fry at 400°F (200°C) for 10-12 minutes, shaking the basket halfway through, until they are perfectly crispy.

Serve: Serve your crispy zucchini fries immediately, while they are hot, with a side of marinara or ranch for dipping.

Tips for Success:

Pat the Zucchini Dry: Before you start breading, make sure to pat the zucchini sticks completely dry with a paper towel. This removes excess moisture, which is key to a crispy fry.

Don't Crowd the Pan: Whether you're baking or air frying, make sure the fries are in a single layer with a little space between them. This allows the hot air to circulate and ensures they get crispy instead of steaming.

Freeze for Later: You can prepare the coated fries ahead of time and freeze them on a baking sheet. Once frozen, transfer them to a freezer bag and cook directly from frozen, adding a few extra minutes to the cooking time.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: Approximately 150-180 (without dipping sauce)

Protein: 8g

Fat: 8g

Carbohydrates: 15g

Storage and Leftover Tips:

More Recipes You Will Love:

Final Thoughts:

DIRECTIONS

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9. Serving Suggestions and Pairings: These Parmesan Zucchini Fries are a perfect side dish for any casual meal. They pair wonderfully with a simple grilled chicken breast, a juicy burger, or even a classic sandwich. For a fun appetizer spread, you could serve them alongside my This Walking Taco Bar is My Favorite No-Fuss Way to Feed a Crowd and other dips like my This Crockpot Nacho Dip is the Reason I Never Have Leftovers.
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12. Protein: 8g
13. Fat: 8g
14. Carbohydrates: 15g
15. These zucchini fries are a great source of : Vitamin C and K and are a much lighter alternative to potato fries.
16. Storage and Leftover Tips: Zucchini fries are definitely best enjoyed fresh and hot. However, if you have leftovers, you can store them in an airtight container in the refrigerator for up to a day. To reheat, the best method is to pop them back in the oven or air fryer for a few minutes until they are crispy again. The microwave will make them soggy, so I don't recommend it.
17. More Recipes You Will Love: If you're a fan of easy appetizers and crowd-pleasing snacks, I've got a few more recipes you'll want to add to your list. For an elegant party starter that's completely effortless, try my recipe for This Baked Brie Appetizer is My Favorite Effortless Way to Impress Guests. And if you're looking to feed a crowd with a fun, fast meal, you can't beat my These Sheet Pan Quesadillas are My Favorite Way to Feed a Crowd Fast.
18. Final Thoughts: These Crispy Parmesan Zucchini Fries are one of those recipes that will make you forget you're eating vegetables. They are the perfect blend of healthy and indulgent, and they are incredibly satisfying. I hope you give them a try and that they become a new favorite in your kitchen.
19. I'd love to know what your favorite dipping sauce is for these fries! Share your ideas in the comments below. And be sure to follow me for more delicious recipes that make healthy eating fun. Happy snacking!

SWAPS & NOTES

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

Original recipe: <https://chefmaniac.com/crispy-parmesan-zucchini-fries-a-healthy-and-delicious-snack/>