

Crispy Fried Squash: A Southern Classic Made Simple

2 medium yellow squash, sliced into 1/4-inch rounds



TIME
20 min

METHOD
Air fryer

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INGREDIENTS

2 medium yellow squash, sliced into 1/4-inch rounds
1/2 cup all-purpose flour
1/4 cup yellow cornmeal
1/2 tsp salt
1/4 tsp black pepper
1/4 tsp garlic powder (optional)
1/2 cup buttermilk (or regular milk)
1 cup vegetable oil (for frying)

Swaps and Notes:

Squash: Yellow squash is a classic for this recipe, but you can also use zucchini. Just be sure to pat it dry before coating it.

Cornmeal: The cornmeal is key for that classic Southern crunch. Don't skip it!

Buttermilk: Buttermilk adds a slight tang and helps the coating stick to the squash. If you don't have buttermilk, you can make your own by adding a teaspoon of white vinegar or lemon juice to a cup of regular milk and letting it sit for 5 minutes.

Oil: Vegetable oil is a great neutral oil for frying, but you can also use canola or peanut oil. The oil should be hot but not smoking.

Directions:

Prep the Squash: Slice the yellow squash into 1/4-inch rounds. This is the perfect thickness to ensure they are tender on the inside but still cook quickly.

Set Up Coating Stations: In a shallow dish, combine the all-purpose flour, cornmeal, salt, pepper, and garlic powder (if using). In a second shallow dish, pour the buttermilk.

Coat the Squash: Dip each squash slice into the buttermilk, letting any excess drip off. Then, dredge it in the flour and cornmeal mixture, pressing lightly to ensure the coating sticks to all sides. Place the coated slices on a wire rack or a clean plate.

Heat the Oil: In a large skillet or a cast-iron pan, heat about 1/4 inch of vegetable oil over medium-high heat. The oil is ready when a small pinch of the coating sizzles immediately when you drop it in.

Fry the Squash: Working in batches, carefully place the coated squash slices into the hot oil in a single layer. Don't overcrowd the pan. Fry for 2-3 minutes per side, or until they are golden brown and crispy.

Drain and Serve: Remove the fried squash from the oil with a slotted spoon and place them on a paper towel-lined plate to drain. Serve immediately while they are hot and crispy.

Tips for Success:

Don't Crowd the Pan: This is the most important rule for frying. If you put too many squash slices in the pan at once, the temperature of the oil will drop, and the squash will steam instead of fry, resulting in a soggy crust.

Use a Cast-Iron Skillet: A cast-iron skillet is a great tool for frying because it holds heat so well, ensuring a consistent frying temperature.

Serve Immediately: Fried squash is best enjoyed fresh. The crispy crust will soften over time.

Pat Squash Dry: For a crispier result, you can pat the squash slices dry with a paper towel before coating them.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: Approximately 180

Protein: 3g

Fat: 12g

Carbohydrates: 15g

Storage and Leftover Tips:

More Recipes You Will Love:

Final Thoughts:

DIRECTIONS

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9. **Serve :** Immediately: Fried squash is best enjoyed fresh. The crispy crust will soften over time.
10. **Pat :** Squash Dry: For a crispier result, you can pat the squash slices dry with a paper towel before coating them.
11. **Serving Suggestions and Pairings:** This Fried Squash is a perfect side dish for so many different meals. It pairs wonderfully with a classic burger, roasted chicken, or fried fish. It's a great addition to a spread of other Southern comfort foods like my recipe for [These Easy Turkey Wings are My Favorite Comfort Food for Lazy Sundays](#). For a fun party appetizer, you could serve them alongside a dip like my [This Beer Cheese Dip is My Favorite Party Starter That Disappears in Minutes](#).
12. **Nutritional Information (Per Serving):** Please note: This is an approximation and can vary based on the specific ingredients used.
13. **Calories:** Approximately 180
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17. This is a delicious treat that is a much better alternative to traditional french fries.
18. **Storage and Leftover Tips:** Fried squash is definitely best enjoyed fresh. Leftovers can be stored in an airtight container for a day, but they will lose their crispy texture. To reheat, you can use a toaster oven or an air fryer to get them crispy again. A microwave will make them soggy, so I don't recommend it.
19. **More Recipes You Will Love:** If you're a fan of simple, delicious meals, you'll love some of my other creations. For a great weeknight dinner, my recipe for [This Tomato Skillet with Okra and Sausage is My Favorite Quick Dinner Packed with Southern Flavor](#) is always a hit. And for a fun, interactive dinner, my [This Walking Taco Bar is My Favorite No-Fuss Way to Feed a Crowd](#) is a lifesaver.
20. **Final Thoughts:** This Fried Squash is a recipe that is sure to become a staple in your kitchen. It's a simple, classic comfort food that's perfect for any occasion. It's a great way to get a little bit of that Southern sunshine on your plate.
21. I'd love to know what your favorite way to cook summer squash is! Let me know in the comments below. And don't forget to follow me for more delicious recipes. Happy cooking!

SWAPS & NOTES

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

Original recipe: <https://chefmaniac.com/crispy-fried-squash-a-southern-classic-made-simple/>