

Mini Zucchini Pizza Bites - A Fun Low-Carb Appetizer for Any Party

Zucchini Pizza Cups (Easy Low-Carb Pizza Bites)

OVEN
400°F

TIME
25 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

3 medium zucchinis, sliced into 1/2-inch rounds
2 tablespoons olive oil
1 teaspoon Italian seasoning
1/2 teaspoon garlic powder
1/2 cup pizza sauce or marinara
1 cup shredded mozzarella cheese
1/2 cup mini pepperoni or diced pepperoni
2 tablespoons grated Parmesan cheese
Fresh basil or parsley, chopped (for garnish)

DIRECTIONS

1. Preheat the Oven: Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper for easy cleanup.
2. Prepare the Zucchini: Slice the zucchini into 1/2-inch rounds.
3. Arrange the slices evenly across the baking sheet. Brush lightly with olive oil and sprinkle with Italian seasoning and garlic powder.
4. Pre-Bake the Zucchini: Bake the zucchini rounds for 5-6 minutes until they start to soften slightly.
5. This step helps remove excess moisture and prevents soggy pizza cups.
6. Add the Pizza Toppings: Remove the tray from the oven.
7. Top each zucchini round with:
8. A spoonful of pizza sauce
9. Shredded mozzarella cheese
10. Mini pepperoni pieces
11. Finish with a sprinkle of grated : Parmesan.
12. Bake Until Cheesy: Return the tray to the oven and bake for 6-8 minutes, or until the cheese is melted and bubbly.
13. Garnish and Serve: Remove from the oven and garnish with fresh basil or parsley.
14. Serve warm for the best flavor and texture.

SWAPS & NOTES

One of the best things about zucchini pizza cups is their flexibility.

Zucchini alternatives: Yellow squash works just as well if that's what you have available.

Cheese options: Mozzarella is classic, but you can also use provolone, Monterey Jack, or a pizza blend.

Topping variations: Try mushrooms, olives, cooked sausage, bell peppers, or onions for extra flavor.

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

Original recipe: <https://chefmaniac.com/mini-zucchini-pizza-bites-a-fun-low-carb-appetizer-for-any-party/>