



# Crispy Baked Zucchini Fries

## My First Bite of Summer

The first time I tried these, I was at a friend's backyard party. The crisp outside gave way to a soft, warm center. I knew I had to make them myself. **Ever wondered how to turn summer squash into something unforgettable?** They are perfect for using up all that garden zucchini. This matters because it turns a simple veggie into a treat. What is your favorite summer party snack? Share your ideas below.

## A Lesson in the Kitchen

My first try was a bit of a mess. I forgot to salt the zucchini sticks first. They released too much water in the oven. The coating did not stick well. **This taught me that small steps matter in cooking and in**

**life.** Taking time to prepare makes the result so much better. Now I always salt them. It makes all the difference for a crispy finish.

## Why These Flavors Work

The panko bread crumbs create an amazing, light crunch. The parmesan cheese adds a salty, savory flavor that is so good. **The mix of basil and oregano brings a taste of the garden. Which flavor combo surprises you most?** The garlic powder ties everything together perfectly. This matters because each ingredient has a job. They all work together to create magic.

## A Simple Dish's Story

This recipe is a modern take on fried snacks. It comes from a need to eat a bit healthier. People wanted the crunch without the deep frying. *\*Did you know that panko is a Japanese-style breadcrumb?\** It is lighter and crispier than regular kinds. **This dish is a great example of mixing cooking styles.** It makes a classic summer vegetable new again. What is your favorite way to use zucchini? Tell me in the comments.

See also [Homemade Shaped Pasta Making Guide](#)





## Crispy Baked Zucchini Fries

### Ingredients:

Ingredient	Amount	Notes
Zucchini	3-4 small to medium	
Panko bread crumbs	1 1/2 cups	
Parmesan or pecorino romano cheese	1 cup	Freshly grated
Dried basil	1 teaspoon	
Dried oregano	1 teaspoon	
Coarse kosher salt	1 teaspoon	Plus more for sprinkling
Ground black pepper	1/2 teaspoon	
Garlic powder	1/2 teaspoon	
Eggs	3	Beaten
All-purpose flour	1/2 cup	
Fresh parsley	As needed	Chopped, for garnish

### My Go-To Crispy Baked Zucchini Fries

**Step 1** First, get your oven hot at 425°F. Line a baking sheet for easy cleanup. Cut your zucchini into even sticks. A light salt sprinkle pulls out extra water. (My hard-learned tip: dry them well with a towel after).

**Step 2** Next, set up your coating station. Mix panko, cheese, and herbs in one dish. Put beaten eggs in another dish. The flour goes in a bag for shaking.

**Step 3** Now, coat those zucchini sticks. Shake them in the flour bag first. Then dip each one in the egg. Finally, press them into the crumb mix.

**Step 4** Place each fry on your baking sheet. Do not crowd them together. They need space to get truly crispy. This is the secret to perfect fries.

**Step 5** Bake for 20 to 25 minutes. Flip them halfway through cooking. They should be golden brown and crunchy. Serve right away with your favorite dip.

**What is the key to extra-crispy fries? Share below!**

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Yield:** 4 servings

**Category:** Appetizer, Side Dish

## Try These Tasty Twists

Every cook adds their own special touch. Here are three fun spins on this classic recipe.

See also [Easy Toasted Baguette Crostini Recipe](#)

**Spicy Kick** Add a pinch of cayenne pepper to the breading. It gives a nice warm feeling.

**Everything Bagel** Use everything bagel seasoning instead of herbs. It adds a delicious, savory flavor everyone loves.

**Corn Chip Crunch** Crush corn chips for your coating. It makes a wonderfully crunchy and tasty fry.

**Which twist will you try first? Vote in the comments!**

## How to Serve Your Fries

These fries are fantastic on their own. They also pair well with many dishes. Serve them next to a juicy burger. Or enjoy them with a fresh garden salad. A sprinkle of parsley makes them pretty.

For drinks, try an ice-cold lemonade. It's a classic, refreshing choice. A light lager beer also goes very well. It cuts through the richness

perfectly.

**Which would you choose tonight, lemonade or a beer?**





## Crispy Baked Zucchini Fries

### Keep Them Crispy

Let your zucchini fries cool completely first. Store them in a sealed container in the fridge. They will stay good for about three days. I reheat them in my toaster oven or air fryer. This brings back their wonderful crunch. For freezing, place them on a baking sheet first. Freeze solid, then move to a freezer bag. You can bake them straight from frozen! Just add a few extra minutes. My grandkids love when I have a batch ready. What is your favorite dipping sauce for these?

### Fixes for Common Troubles

Soggy fries often mean too much moisture. Salting the zucchini sticks is a key step. Do not skip it! If the coating falls off, your egg wash might be too thin. Make sure each stick is fully coated in egg. For even browning, do not crowd the baking sheet. Giving them space lets the hot air move. This matters because it makes your snack perfectly crispy. Nobody likes a limp zucchini fry!

See also [Creamy Microwave Velveeta Chocolate Fudge](#)

### Your Questions Answered

**Q: Can I make these gluten-free?** A: Yes! Use gluten-free panko and flour. It works just as well.

**Q: Can I prepare these ahead of time?** A: You can coat the sticks and refrigerate them. Bake them right before you eat.

**Q: What cheese can I use instead of parmesan?** A: Pecorino



Romano is great. A sharp cheddar also adds a nice flavor.

**Q: Can I double this recipe for a party?** A: Absolutely. Use two baking sheets. Switch their oven racks halfway through.

**Q: Why press the coating onto the zucchini?** A: It helps the crumbs stick better. This prevents a bare spot. Have you tried this method with other vegetables?

## Share Your Kitchen Success

I hope these fries become a family favorite. They are a fun way to eat your veggies. I love seeing your creations. Please share your photos with me. Tag **Savory Discovery on Pinterest**. Let's build a community of happy home cooks. Happy cooking! —Elowen Thorn.

*You need to try !*

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