

Zucchini Bread Recipes

Crispy Air Fryer Zucchini Parmesan Bites

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 2 medium zucchini (about 1 lb total)
- [ ] 1 cup panko breadcrumbs
- [ ] 1/2 cup freshly grated parmesan cheese
- [ ] 1 tsp Italian seasoning
- [ ] 1/2 tsp garlic powder
- [ ] 1/4 tsp black pepper
- [ ] 1/2 tsp salt
- [ ] 2 large eggs, beaten
- [ ] Olive oil spray

For Serving (Optional)

- [ ] Marinara sauce for dipping
- [ ] Fresh parsley for garnish
- [ ] Lemon wedges

Instructions

1. Slice zucchini into 1/2-inch thick rounds. Place them on paper towels and pat very dry. This step is crucial for getting a crisp coating.
2. In a shallow bowl, mix together breadcrumbs, parmesan, Italian seasoning, garlic powder, pepper, and salt. In another bowl, place the beaten eggs.
3. Dip each zucchini round into the egg, letting excess drip off, then press into the breadcrumb mixture, coating both sides evenly. Place on a plate.
4. Preheat air fryer to 400°F (200°C). Arrange zucchini bites in a single layer in the basket, making sure they don't touch. Lightly spray with olive oil.
5. Air fry for 10-12 minutes, flipping halfway through, until golden brown and crisp. Work in batches if needed to avoid overcrowding.
6. Remove from air fryer, sprinkle with extra parmesan and parsley if desired, and serve immediately with marinara sauce for dipping.

Nutrition per serving

145 kcal	10 g	13 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crispiness, you can salt the zucchini slices and let them sit for 10 minutes to draw out moisture before patting dry
- If using regular breadcrumbs instead of panko, reduce cooking time by 1-2 minutes as they brown faster
- These make excellent appetizers for parties - you can prepare them ahead and reheat in the air fryer just before serving