

# Baked Zucchini Fries

These baked zucchini fries are ultra cheesy and flavorful with freshly grated Parmesan cheese and Italian spices. Watch the video above to see how easy they are to make!

PREP TIME: 15 mins    COOK TIME: 30 mins

TOTAL TIME: 45 mins

COURSE: Appetizer, Snack

CUISINE: American



4.98 from 47 votes

KEYWORD: Baked Zucchini Fries, Low Carb Zucchini Fries, Zucchini Fries, Zucchini Fries Recipe

SERVINGS: 4 servings    CALORIES: 156.8kcal    AUTHOR: Lisa Bryan

## Ingredients

### Zucchini Fries

- 2 medium zucchini
- 1 egg
- 1 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp Italian spice

### Lemon Parsley Aioli

- 1/2 cup mayonnaise
- 1 lemon juiced
- 1 garlic clove minced
- 1 tbsp finely chopped parsley
- salt and pepper

## Instructions

1. Preheat the oven to 425 degrees Fahrenheit and line two baking trays with parchment paper.
2. Slice the zucchini in half, then half again, then into quarters. You should have 16 slices per zucchini.
3. Crack the egg in a small bowl or container and lightly beat it.
4. Add the parmesan and spices to a separate bowl or container and stir to combine.
5. Dip a slice of zucchini in the egg wash and transfer to the parmesan. Use your other hand to coat the zucchini in the cheese and transfer to the baking tray. Repeat this process until all zucchini are coated.

6. Bake for 25-30 minutes, flipping halfway through on the cut side. Serve immediately.
7. To make the optional lemon parsley aioli, add all ingredients to a small bowl and stir together.

### **Notes**

- See all of the notes in the post above and make sure to watch the video for step-by-step instructions.
- And if you still have more zucchini to use up, you should definitely whip up my Paleo Zucchini Bread recipe.

### **Nutrition**

Calories: 156.8kcal | Carbohydrates: 6.2g | Protein: 12.5g | Fat: 9.8g | Saturated Fat: 6.5g |  
Cholesterol: 66.6mg | Sodium: 258.4mg | Fiber: 1.6g | Sugar: 4.2g