

How to Make Irresistible Air Fryer Garlic Parmesan Cheese Sticks

Description

If you're a fan of cheesy, garlicky snacks that are easy to make and incredibly addictive, then Air Fryer Garlic Parmesan Cheese Sticks are a must-try! These crispy, golden cheese sticks are infused with the rich flavors of garlic and Parmesan, creating the perfect balance of savory and cheesy goodness. The best part? You can achieve that perfect crunch with minimal oil, thanks to the air fryer. Ready to dive into this delicious recipe? Let's get started!

Why Choose Air Fryer for Cheese Sticks?

The air fryer is a game-changer when it comes to preparing crispy foods. With its rapid air circulation, the air fryer cooks food evenly, giving it that golden, crispy texture without deep-frying. This means you can enjoy all the crunch and flavor of traditional cheese sticks but with less oil and fewer calories. Plus, cooking in the air fryer is quicker, which means less time in the kitchen and more time enjoying your snack!

[Click here To View Full Recipe](#)

Ingredients You'll Need

Here's what you'll need to make these irresistible Air Fryer Garlic Parmesan Cheese Sticks:

- 12 mozzarella cheese sticks (string cheese)
- 1/2 cup all-purpose flour
- 2 large eggs
- 1 cup Italian-style breadcrumbs
- 1/2 cup grated Parmesan cheese
- 2 tablespoons garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Olive oil spray
- Marinara sauce for dipping (optional)

Instructions

1. Prep the Cheese Sticks

Start by placing the mozzarella cheese sticks in the freezer for at least 30 minutes. Freezing the cheese helps prevent the cheese from melting too quickly while cooking in the air fryer, ensuring that the sticks hold their shape.

2. Prepare the Breading Station

Set up a breading station with three shallow bowls. In the first bowl, add the flour. In the second bowl, whisk the eggs. In the third bowl, combine the Italian breadcrumbs, grated Parmesan cheese, garlic powder, oregano, parsley, salt, and pepper.

3. Coat the Cheese Sticks

Take each frozen cheese stick and coat it first in the flour, making sure it's evenly covered. Then, dip it into the beaten eggs, ensuring it's fully coated. Finally, roll the cheese stick in the breadcrumb mixture, pressing gently to ensure the breadcrumbs stick. For an extra crispy coating, you can repeat the egg and breadcrumb steps to double coat the cheese sticks.

4. Preheat the Air Fryer

Preheat your air fryer to 375°F (190°C) for about 5 minutes. While the air fryer is heating, lightly spray the cheese sticks with olive oil spray to help them crisp up during cooking.

5. Air Fry the Cheese Sticks

Arrange the breaded cheese sticks in a single layer in the air fryer basket, ensuring they aren't touching. Air fry at 375°F for 6-8 minutes, or until they are golden brown and crispy. You may need to flip them halfway through for even cooking.

6. Serve and Enjoy!

Once the cheese sticks are crispy and golden, remove them from the air fryer and let them cool for a minute. Serve them hot with a side of marinara sauce for dipping (optional). These cheesy, garlicky sticks will be a hit with everyone!

Tips for Perfect Garlic Parmesan Cheese Sticks

- **Freezing is Key:** Don't skip the step of freezing the cheese sticks! Freezing them ensures that the cheese doesn't melt too fast, giving you that perfect gooey center with a crispy outside.
- **Double Coating:** For an even crunchier texture, consider double coating your cheese sticks with egg and breadcrumbs. This adds an extra layer of crispiness.
- **Seasoning Variations:** You can experiment with different herbs and spices to suit your tastes. A pinch of crushed red pepper flakes or smoked paprika can add some heat and smokiness.
- **Vegetarian Option:** These cheese sticks are already vegetarian, but if you're vegan, you can try using plant-based cheese sticks and breadcrumbs for a delicious dairy-free version.

Conclusion

Air Fryer Garlic Parmesan Cheese Sticks are the perfect combination of crunchy, cheesy, and garlicky goodness. They're easy to make, healthier than deep-fried versions, and perfect for snacking, parties, or even as a fun appetizer. With just a few ingredients and the help of your air fryer, you can enjoy these irresistible cheese sticks in under 20 minutes. So go ahead, try them out, and prepare to enjoy one of the best cheesy snacks you've ever tasted!

Category

1. Uncategorized

Date Created

17/08/2025

Author

rauf