



Kolokithakia Tiganita

Fried Zucchini Chips transform simple zucchini rounds into golden, crunchy chips

Prep time: 15 minutes

Cook time: 15 minutes

Yield: 6 to 8 servings

Ingredients:

1 cup (125 g) all-purpose flour,
for dredging, plus more
if needed
1 teaspoon fine sea salt
1 teaspoon ground black pepper
1 teaspoon garlic powder
1 teaspoon dried oregano,
plus more to taste
2 large eggs, beaten
1 cup (100 g) dried unseasoned
bread crumbs, plus more
if needed
1 cup (240 ml) neutral oil, for
frying, plus more as needed
2 medium zucchini (about
1 pound, or 454 g), sliced into
½-inch-thick (12 mm) rounds
Tzatziki (page 25), Spicy Feta
Dip (page 39), Eggplant Dip
(page 47), and/or Fish Roe
Dip (page 49), for serving

Directions:

1. Set up a dredging station with a shallow bowl of the flour mixed with the salt, pepper, garlic powder, and oregano; another shallow bowl of the beaten eggs; and a third shallow bowl of the bread crumbs. Dredge each zucchini round in the flour first, followed by the egg, and finished in the breadcrumbs.
2. In a large, deep, heavy-bottomed skillet, heat the oil over medium heat.
3. Working in batches not to overcrowd the pan and adding more oil as needed, place several zucchini rounds in the skillet and fry for 3 to 4 minutes per side, until golden brown. Transfer to a wire rack with paper towels underneath or a paper towel-lined plate to drain excess oil.
4. Serve with tzatziki, spicy feta dip, eggplant dip, and/or fish roe dip.

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Food Photography: Sheneur Menake

About the Recipe: Kolokithakia Tiganita, or Greek Fried Zucchini Chips, transform simple zucchini rounds into golden, crunchy bites of deliciousness. Dredged in seasoned flour, egg, and breadcrumbs, then fried until perfectly browned, these crispy chips are best served warm alongside classic Greek dips like tzatziki, spicy feta, eggplant dip, or fish roe dip for an authentic Mediterranean experience.