



YIELD:
4 servings

PREP TIME:
10 minutes

COOK TIME:
20 minutes

zucchini fries

Ingredients

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

You'll need

- 2 Baking sheets
- Parchment paper
- Oven mitts
- Knife
- Cutting board
- 2 Small bowls

zucchini fries

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 zucchinis are coated.

6

Bake for 25-30 minutes, flipping halfway through on the cut side. Serve immediately. Serve with a healthy dip such as tzatziki, hummus, or guacamole