

BAKED ZUCCHINI FRIES

yield: 6 SERVINGS prep time: 15 MINUTES cook time: 20 MINUTES total time: 35 MINUTES

These fries are amazingly crisp-tender and healthy with just 135.4 calories. And no one would ever believe that these are baked!

INGREDIENTS:

- 1 cup Panko*
- 1/2 cup freshly grated Parmesan cheese
- 1 teaspoon Italian seasoning
- Kosher salt and freshly ground black pepper, to taste
- 4 zucchini, quartered lengthwise
- 1/2 cup all-purpose flour
- 2 large eggs, beaten
- 2 tablespoons chopped fresh parsley leaves



DIRECTIONS:

1. Preheat oven to 425 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
2. In a large bowl, combine Panko, Parmesan and Italian seasoning; season with salt and pepper, to taste. Set aside.
3. Working in batches, dredge zucchini in flour, dip into eggs, then dredge in Panko mixture, pressing to coat.
4. Place zucchini onto prepared baking sheet. Place into oven and bake for 20-22 minutes, or until golden brown and crisp.
5. Serve immediately, garnished with parsley, if desired.

NOTES:

**Panko is a Japanese-style breadcrumb and can be found in the Asian section of your local grocery store.*

