



COOKING FOR WELLNESS

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Parmesan Zucchini Fries

Ingredients

1 lb. (about 3-4 medium) zucchini, quartered lengthwise into ½ inch sticks

Breading

- ¾ cup panko breadcrumbs
- ⅓ cup freshly grated parmesan cheese
- 1 tbsp Italian seasoning
- ½ tsp garlic powder
- ground pepper to taste
- Olive oil for misting

Flour

- ⅓ cup wheat flour
- 1 tsp garlic powder

Egg Wash

- 1 large egg, beaten



Serves: 6

Prep Time: 15 minutes

Cook Time: 20 minutes

Nutrition Information: 1 serving

95 calories: 2 gm fat (1 saturated) 14 gm

carb, 1 gm fiber, 2 gm sugar, 5 gm protein



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Parmesan Zucchini Fries (page 2)

Instructions

1. Preheat oven to 425 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside. If you do not have a cooling rack, line a cooking sheet for aluminum foil or cooking spray. The fries will not turn out as crispy.
2. Mix all ingredients for the flour mix in a shallow dish OR in a large zip-loc bag.
3. Place the egg in a separate shallow dish and beat well.
4. Mix all ingredients for the parmesan breadcrumbs in a third shallow dish
5. Working in batches, dredge zucchini in flour, dip into eggs with the opposite hand, then dredge in Panko mixture with the same hand you used to dredge in flour, pressing breadcrumbs firmly into zucchini to coat.
6. Place zucchini onto prepared cooling rack/cookie sheet. Lightly mist with olive oil. Place into oven and bake for 20 minutes, or until golden brown and crisp. If using a cookie sheet, flip once in between baking.



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