

Crispy Baked Zucchini Fries

Serves: 4

Ingredients:

- 3-4 large zucchini
- 1 cup bread crumbs panko or Italian
- $\frac{1}{4}$ grated Parmesan cheese
- 2 eggs
- 2 tbsp. olive oil
- $\frac{1}{2}$ tsp. garlic powder
- Salt and pepper to taste

Instructions:

- Preheat the oven to 425 degrees. Line a baking sheet with aluminum foil or parchment paper and lightly grease with oil. Set aside.
- Combine 2 eggs in a small shallow bowl and set aside. Combine the breadcrumbs and parmesan cheese in another bowl and set aside. Prepare zucchini by trimming the ends and cutting into $\frac{1}{2}$ inch strips or slices.
- Dip zucchini strips into egg mixture then in the breadcrumb mixture and transfer to pre-greased baking sheet. Repeat until all the zucchini strips are coated with egg and breadcrumbs.
- Seasoning with salt, pepper, and garlic powder then drizzle with olive oil or generously spray with cooking spray.
- Bake in the preheated oven, turning once, until golden or crisp, 30-35 minutes or until golden and crispy. Enjoy hot with chipotle sauce, ketchup or your favorite dipping sauce.