

TASTY ZUCCHINI FRIES

MAKES: 6 servings (~5 fries each)

INGREDIENTS

- 2 medium zucchinis, cut into 3" sticks
- 1 egg
- 2 Tablespoons milk
- 1/2 cup seasoned bread crumbs*
- 1/2 cup parmesan cheese, grated
- Cooking spray or oil

*If you have unseasoned bread crumbs, season with your favorite spices like basil, garlic, or oregano.

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DIRECTIONS

Preheat oven to 425°F. Coat a baking sheet with cooking oil or spray. Wash and then cut each zucchini in half. Then cut each half into 8 sticks each for a total of 32 zucchini sticks.

In a small bowl, beat the egg and milk together. In a separate shallow bowl, measure out the bread crumbs. Dip each zucchini stick into the milk and egg mixture. Then roll in the bread crumbs until evenly coated. Place zucchini sticks in a single layer on the baking sheet. Sprinkle grated parmesan cheese over the zucchini sticks. Bake for 25 to 30 minutes until coating is golden brown.

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