

# **Baked Zucchini Fries**

## **Ingredients**

3 small or 2 large zucchini  
1 cup panko crumbs  
2 Tbsp. Italian Seasoning  
1/2 cup grated parmesan cheese  
1/2 cup flour  
2 eggs  
Salt

## **Instructions**

Preheat oven to 425 degrees. Line a cookie sheet with aluminum foil and lightly spray with cooking spray. Set aside

Start by cutting your zucchini. Cut off each end. Then cut the zucchini in half and then lengthwise. Set one piece on its end and cut it in half lengthwise. Cut that half in half. Cut that half in half. Stack the planks on top of each other and cut into strips. Lightly sprinkle with salt.

Combine panko crumbs, Italian seasoning, and shredded parmesan cheese in a shallow pie dish. Add the flour to a zip lock bag and toss zucchini to coat.

Whisk the egg together and working in batches dip each zucchini strip into the egg and coat well with panko mixture.

Set on a cookie sheet. Bake for 12-15 minutes until lightly brown. Can be dipped in marinara sauce, ranch, or your favorite dipping sauce.

## **6 servings**

1 serving: 155 calories, 5 g fat, 62 mg cholesterol, 230 mg sodium, 20 g carbohydrates (2g fiber, 3g sugar), 9g protein.

Recipe from [therecipecritic.com](http://therecipecritic.com)