

BAKED PARMESAN ZUCCHINI FRIES

Ingredients

2 medium zucchini

$\frac{1}{2}$ cup all purpose flour (optional)

2 eggs, lightly beaten

$\frac{1}{2}$ cup Panko bread crumbs

$\frac{1}{4}$ cup grated Parmesan cheese

$\frac{1}{4}$ tsp salt

$\frac{1}{4}$ tsp pepper

$\frac{1}{4}$ tsp paprika

$\frac{1}{4}$ tsp garlic powder

$\frac{1}{4}$ tsp Italian seasoning

Instructions

Preheat the oven to 425F.

Line a baking sheet with foil and spray with cooking spray.

Combine bread crumbs, Parmesan cheese, salt, pepper, paprika, garlic powder and Italian seasoning in a small bowl.

Cut off the ends of the zucchini. Cut the zucchini in half and then cut into $\frac{1}{2}$ -inch wide stripes or wedges.

Coat the zucchini with flour, if desired. This step is optional.

Dip the zucchini strips into the beaten egg and shake off excess.

Dredge zucchini in the bread crumb mixture and place on the prepared baking sheet.

Repeat for all zucchini fries. Spray the top of the zucchini with cooking spray.

Bake zucchini fries for 22 to 25 minutes, or until golden brown and crisp. Turn over halfway through.

source:allsimplyrecipes.com