



Crispy Zucchini Fries



1/2 of recipe (about 20 fries): 114 calories, 1g total fat (0g sat. fat), 359mg sodium, 21.5g carbs, 4g fiber, 6.5g sugars, 6.5g protein

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Prep: 15 minutes **Cook:** 20 minutes



Ingredients

14 oz. (about 2 medium) zucchini, ends removed
1/4 cup egg whites (about 2 large eggs' worth)
1/2 cup whole-wheat panko breadcrumbs
3/4 tsp. garlic powder
3/4 tsp. onion powder
1/2 tsp. Italian seasoning
1/4 tsp. salt
1/8 tsp. black pepper
Optional seasonings: additional salt and black pepper

Directions

Preheat oven to 400 degrees. Spray a large baking sheet with nonstick spray.

Cut zucchini into French-fry shaped spears.

Place zucchini spears in a large bowl. Top with egg whites, and flip to coat.

In a medium-large bowl, mix breadcrumbs with seasonings.

One at a time, shake zucchini spears to remove excess egg, and lightly coat with breadcrumb mixture. Evenly place on the baking sheet, and top with any remaining breadcrumbs.

Bake for 10 minutes.

Carefully flip zucchini spears. Bake until lightly browned and crispy, about 10 more minutes.

MAKES 2 SERVINGS

HG Tip: If enjoying these the day after they're made, heat them in a toaster oven for crispiest results!

Air Fryer alternative! Set air fryer to 392 degrees. Cook until golden brown, about 12 minutes, shaking the basket halfway through.

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