



Noreen's Kitchen

Oven Baked Zucchini Fries

Ingredients

4 small to medium zucchini squash	1 tablespoon pizza seasoning
1 cup all purpose flour	1 teaspoon garlic powder
2 eggs	1/2 cup parmesan cheese
2 tablespoons water	salt to taste
2 cups Italian bread crumbs	

Step by Step Instructions

Preheat oven to 400 degrees.

Prepare a baking sheet by lining with foil and inseting a baking rack on top.

Wash and trim the top and bottom off of each zucchini. Cut each squash in half lengthwise and then cut each half in half. You should now have four long strips. Cut each of these in half to create 8 shorter strips. Set aside.

Mix bread crumb, parmesan cheese, pizza seasoning and garlic powder together.

Dredge the zucchini strips first in flour to coat, being sure to coat each end.

Dip the floured strips into the egg mixture and make sure they are completely moistened before plunging them into the bread crumbs. Toss the strips to make sure they are coated thoroughly.

Place each strip onto the rack and prepared baking sheet.

When you have finished all the zucchini fries, spray liberally with a vegetable oil cooking spray. This will encourage browning and crispiness.

Bake for 20 to 25 minutes or until browned and crispy.

Remove from oven and allow to sit for five minutes before serving.

These are great on their own or dipped in marinara sauce or ranch dressing.