

Oven Baked Zucchini Fries



Ingredients

1 large zucchini, or 2 small zucchinis
2 tbsp. olive oil
1 egg, beaten
1 cup grated Parmesan cheese
1 cup Panko bread crumbs
Seasoned salt, pepper and herbs to taste

Directions

Spray a baking pan with olive oil or non-stick cooking spray.
Wash and slice zucchini into spears. Mine were about 4 inches long and 1/2" around.
Combine olive oil and egg in a bowl.
Combine cheese, bread crumbs and season to taste. If you use unseasoned bread crumbs, you'll need to add more herbs. Try an Italian herb mix or add your favorite flavors, either from your pantry or fresh from your garden.
Dip the zucchini spears into the egg mixture and then into the breading, making sure to coat evenly.
Bake at 375 degrees for 15-20 minutes, until golden brown.

Serve with your preferred dipping sauce (I love homemade ranch dressing).