



The Girl Who Ate Everything

## Zucchini FRIES

### RECIPE

#### Ingredients:

- 1 3 medium zucukes sliced into 3" x ½" sticks
- 2 1 large egg white
- 3 ½ cup seasoned bread crumbs
- 4 2 Tablespoon Pecorino Romano cheese
- 5 Cooking spray
- 6 ¼ teaspoon garlic powder
- 7 Salt and pepper to taste

#### Instructions:

- 1 Preheat oven to 425 degrees F.
- 2 In a bowl, beat egg whites and season with salt and pepper. In a ziplock bag, combine breadcrumbs, garlic powder, and cheese.
- 3 Dip zucchini sticks into eggs and dredge with breadcrumb mixture.
- 4 Place a single layer of breaded zucchini sticks on a baking sheet coated in cooking spray.
- 5 Bake for 20-25 minutes, or until golden brown.
- 6 Serve with marinara sauce for dipping!

### CREDIT + TIPS

*No Pecorino Romano? Use Parmesan instead!  
Best when served warm.*

*Source: The Girl Who Ate Everything (food blog)*

