Zucchini FRIES

RECIPE

Ingredients:
1. 3 medium zukes 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)