

Zucchini Fries

Makes 24 fries – Serves 4

When your garden is overflowing with zucchini make these crispy oven fries. They're fun for kids to make and eat!

2 medium zucchinis, well washed
1 cup panko bread crumbs
1/4 cup grated parmesan cheese
1 tablespoon olive oil
1/2 teaspoon mixed Italian seasoning
2 large eggs
Kosher salt and freshly ground pepper, to taste

Pre-heat oven to 425°F. Line a rimmed baking sheet with parchment paper or foil. If using foil spray with non-stick cooking spray.

Wash the zucchini and trim the ends. Cut each squash in half width-wise. Then cut each half in half again, lengthwise. Cut each portion into three lengthwise strips.

In a medium bowl or pie plate, combine the bread crumbs, parmesan cheese and Italian seasoning. Add a pinch each of salt and pepper and drizzle with olive oil. Use a fork to combine.

In a small bowl beat the eggs with another pinch of salt.

Dip the zucchini strips in the eggs then roll in the bread crumbs. Place on the baking sheet. Continue until all the strips have been coated.

Bake for 15-20 minutes or until the fries are crispy and golden brown. Serve immediately with your choice of dip.