

Baked Zucchini Fries

Makes 6 servings | **Vegetables** • **Protein** • **Dairy**

Ingredients

- 2 6-inch zucchinis or other summer squash
- 1 egg white
- ½ cup low-fat milk
- ½ cup grated Parmesan cheese
- ½ cup breadcrumbs
- 1 Tablespoon Italian seasoning
- Nonstick spray

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Preheat oven to 425°F.
3. Coat a baking sheet with nonstick spray.
4. Wash and cut zucchini into 3-inch long sticks.
5. Beat egg white in a small bowl with a fork. Add milk and mix together.
6. In a separate bowl, combine cheese, breadcrumbs, and seasoning.
7. Dip zucchini sticks into the egg mixture, then the breadcrumb mixture. Place on baking sheet.
8. Bake for 25-30 minutes or until golden brown.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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