

Journey of a Lifetime

I don't have all the answers, but I have many words.

Oven-Baked Zucchini Fries

ON JUNE 14, 2012 / BY LAUREN GOLDSTEIN / IN FOODIE



(<https://laurenegoldstein.files.wordpress.com/2012/06/zuchinni.jpg>)³
zucchini (1 lb.)

1/4 cup Grated Parmesan Cheese

1 packet Shake & Bake Coating Mix (or Gluten Free Bread Crumbs)

1 small egg

Heat oven to 450°F. Trim the zucchini -cut crosswise in half, then cut each piece into 1/4-inch sticks. Add cheese to coating mix in shaker bag; shake gently to combine. Whisk egg in medium bowl. Add zucchini; toss to coat. Use tongs to place 1/4 of the zucchini in shaker bag; close bag and shake to evenly coat. Spread onto baking sheet sprayed with cooking spray. Repeat with remaining zucchini. Bake for 12 to 13 min. or until golden brown, turning the baking tray 180 degrees after 7 min to bake evenly

4 thoughts on “Oven-Baked Zucchini Fries”

1. **onceamonth4**

Looks yummy!

☐ JUNE 14, 2012 AT 12:48 AM ☐ REPLY

2. **the Jilb**

I’ve made oven-baked fries and sweet potato fries, but never zucchini fries. What a great idea!

☐ JUNE 14, 2012 AT 12:54 AM ☐ REPLY

3. **Danny**

These look so crisp and tasty!!!!!!

☐ JUNE 14, 2012 AT 2:59 AM ☐ REPLY

4. Pingback: Sneak some zucchini onto your neighbors porch day! | Daily Holiday Blog

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