

Oven Baked Zucchini Fries



Golden, crunchy, seasoned way to serve zucchini that is quite flavorful!

Prep: 15 mins

Cook: 15 mins

Total: 30 mins

Servings: 4

Yield: 4 servings



Ingredients

¾ cup Italian seasoned bread crumbs

¼ cup grated Parmesan cheese

¼ teaspoon seasoned salt

1 (9 inch) zucchini, peeled

¼ cup margarine or butter, melted

Directions

Step 1

Preheat an oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper or aluminum foil lightly greased with cooking spray.

Step 2

Cut the peeled zucchini in half lengthwise and remove the seeds. Slice the zucchini into 1/2 x 1/2 x 4 inch pieces.

Step 3

Combine the bread crumbs, cheese, and seasoned salt in a pie plate. Dip the zucchini fries into the melted margarine, then press into bread crumbs. Gently toss between your hands so any bread crumbs that haven't stuck can fall away. Place the breaded zucchini onto the prepared baking sheet.

Step 4

Bake the zucchini in the preheated oven until the fries are golden and tender, about 15 minutes.

Nutrition Facts

Per Serving: 217 calories; protein 5.9g; carbohydrates 17.7g; fat 14g; cholesterol 4.6mg; sodium 666.7mg.