

Zucchini Fries

Servings: 4 | Prep/cook time: 27 minutes

Ingredients:

- 4 sprays olive oil cooking spray
- 1 ½ tbsp. all-purpose flour
- 1 tsp. Italian seasoning
- ¾ tsp. salt, divided
- ¾ cups Panko breadcrumbs
- 1 tbsp. olive oil
- 2 large egg whites,
- 2 medium zucchini, cut into twenty 3-inch long pieces each (about 1/2-inch wide)



Directions:

1. Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper, a silicone mat, or nonstick foil.
2. Stir together flour, Italian seasoning, and ½ tsp salt in a medium shallow dish. Stir together panko and oil in another shallow dish until evenly moistened.
3. Place egg whites and remaining ¼ tsp salt in a medium bowl and, with mixer on medium speed, beat until soft peaks form.
4. Working with a few pieces at a time, place zucchini in flour mixture and toss to coat. Dip in egg white, shaking off excess. Dip in panko, pressing to adhere.
5. Arrange zucchini in a single layer on prepared baking sheet. Spray with cooking spray.
6. Bake, turning once, until lightly browned, about 12 minutes. Serve at once with optional lemon wedges.

Serving size: 10 zucchini fries