

## BAKED PARMESAN ZUCCHINI FRIES

### INGREDIENTS

2 medium zucchini  
1 cup all-purpose flour  
Salt and black pepper  
2 eggs  
1 1/2 cups panko breadcrumbs  
1/2 cup grated Parmesan  
1 tablespoon butter or margarine, melted  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon paprika  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
Cooking spray

### DIRECTIONS

Preheat oven to 450F. Line a baking sheet with foil and place a wire rack on the sheet.

Slice zucchini in half crosswise, then slice each half lengthwise into 3/4 inch sticks. Combine flour, salt and pepper in a bowl and stir to combine. Crack the eggs into another bowl and beat lightly. In a third bowl, combine panko, parmesan, and melted butter and mix to coat. Add garlic powder, onion powder, paprika, salt, and pepper and stir to combine. Dredge each zucchini stick through the flour mixture, and then the beaten egg. Coat thoroughly with the panko mixture, and place on the wire rack. Spray lightly with cooking spray.

Bake for 12-15 minutes, until panko is lightly browned. Cool for about ten minutes and serve with dipping sauce of choice.