

Baked PankoBreaded Zucchini Fries

Savannah · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

2

Description

These breaded zucchini fries are a surprisingly tasty yet healthy alternative for your deepfry craving Use marinara sauce ranch sauce or your favorite dipping sauce to finish off this tasty snack

Ingredients

- - 3 small zucchini
- cut into french-fry shaped pieces - salt to taste - 2 large eggs
- beaten - 1 cup panko bread crumbs - $\frac{1}{4}$ cup grated Parmesan cheese - 2 tablespoons Italian seasoning

Instructions

1. Preheat the oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil. Season zucchini with salt; set aside. Place beaten eggs in a shallow bowl. Mix together bread crumbs
2. Parmesan cheese
3. and Italian seasoning in a second shallow bowl. Dip zucchini in beaten eggs
4. then press into bread crumbs to coat. Gently toss between your hands to remove excess bread crumbs. Arrange breaded zucchini in a single layer on the prepared baking sheet. Bake zucchini in the preheated oven until golden brown
5. about 15 minutes. Editor's Note: The nutrition data for this recipe includes the full amount of the breading ingredients. The actual amount of the breading consumed will vary.