

BAKED ZUCCHINI FRIES

Recipe adapted from: <https://wicworks.fns.usda.gov/recipe/zucchini-fries>

INGREDIENTS

- 2 medium zucchinis (cut into a fry shape, about 2.5" long)
- 1 egg, beaten
- 1 C breadcrumbs
- 1 tsp. Garlic powder
- 1 tsp. Salt
- 1 tsp. Black pepper
- Cooking spray

TOOLS NEEDED

- Knife
- Cutting board
- Measuring cups and spoons
- Baking sheet
- 2 bowls

NUTRITION INFORMATION

This finger food contains both potassium and fiber, can go with any protein, and tastes great! Try it using zucchini, carrots, or squash to mix it up.

PROCEDURE

- Preheat oven to 425 degrees F. Spray baking sheet with cooking spray
- Choose two bowls large enough to fit the zucchini fries into. Fill the first bowl with the beaten egg. Place the spices and breadcrumbs into the second.
- Dip each piece of zucchini in the beaten egg, and then into the breadcrumbs. Do this one piece at a time, coating all sides of the zucchini in the breadcrumbs. Repeat with all pieces and place pieces onto the baking sheet.
- Lightly spray the zucchini with cooking spray and place the tray into the oven for 15 minutes, or until golden brown.



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