

# Zucchini Fries

## Ingredients

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2 T Olive Oil  
3/4 c Panko  
2 oz Parmesan (grated)  
1 t Italian Seasoning  
1 t Garlic Powder  
1 t Onion Powder  
1/4 t Salt  
1/4 t Ground Black Pepper  
1 Egg  
1/2 T Water  
3 Zucchini (cut into wedges)  
3 T Flour  
1 t Parsley (chopped)

## Instructions

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- 1.Preheat the oven to 450F. Drizzle the olive oil onto a large baking tray and brush it to spread it out.
- 2.In a medium bowl, stir together the panko, parmesan, Italian seasoning, garlic powder, onion powder, salt, and black pepper, set aside.
- 3.Beat the egg and water in a separate shallow bowl. Cut the zucchini into wedges and pat dry with paper towel.
- 4.Take the zucchini and roll it in with the flour then shake off any excess. Dip it in eggwash, and then in the panko mixture to coat. Place it on the prepared baking tray. Continue until all the zucchini wedges are coated and arranged in a single layer on the tray.
- 5.Bake the zucchini until it's golden on both

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sizes, about 24 minutes, flipping once halfway through. Serve immediately garnished with parsley. If desired, serve it with marinara sauce or ranch dressing for dipping.