

Zucchini Fries

It's possible to make "fried" foods a healthier option and this recipe is just one example. In addition to zucchini, you can also make it with yellow squash, eggplant, thick-cut onion rings or sliced green tomatoes. Serve with a main dish or as an appetizer.

Prep time: 15 minutes. Cook time: 12 minutes. Total time: 27 Minutes

Ingredients:

- 4 sprays of olive oil cooking spray
- 1 and 1/2 tbsp of all-purpose flour
- 1 tsp Italian seasoning
- 3/4 tsp salt, divided
- 3/4 cup panko crumbs
- 1 tbsp olive oil
- 2 large egg whites
- 2 medium zucchinis, cut into twenty 3-inch-long pieces about 1/2 inch wide.



Directions:

1. Preheat oven to 425 degrees. Line a large, rimmed baking sheet with parchment paper, a silicone mat, or nonstick foil.
2. Stir together flour, Italian seasoning, and 1/2 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 1/4 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.