Zucchini Fries

Description

That moment in the day when you've realized you haven't taken anything out for dinner, it's too late to un-thaw anything...now what? Luckily I have a large zucchini from my mom's garden on the counter, because I don't know what I'm going to make with it, but THAT is dinner tonight!



Summary

Yield: 4
Prep Time: 45 minutes
Category: Vegetables
Cuisine: American

Ingredients

- 1 cup fine bread crumbs
- 1/2 cup panko
- 1/2 cup parmesan cheese
- 1/2 tsp red pepper flakes
- 1 tbsp poppy seeds
- 3 tbsp Italian garlic and herb seasoning
- 2 eggs
- 1/2 lemon juice
- 2 medium size zucchini sliced into fries

Instructions

Preheat oven to 350 degrees F.

In one dish combine bread crumbs, panko, parmesan cheese, pepper flakes, poppy seeds, salt/pepper and Italian seasoning.

Mix well until all combined.

In a second dish combine 2 beaten eggs and juice of 1/2 a lemon.

Take a cookie sheet and line with foil drizzle olive oil over it.

Take zucchini pieces and dip in egg mixture, then dip in bread crumb mixture.

Place on cookie sheet and continue until all are coated.

Drizzle olive oil over top of zucchini fries and place in oven for 25 minutes tturning 1/2 way through or until fork tender.

Serve hot and dip in Chipotle Ranch Sauce.