



## Zucchini Fries

### “Succulent Squash”

Yield: 4 servings, about 32 fries

Serving Size: 8 fries

### Ingredients:

- 2 zucchini
- 1 egg white
- 1/4 cup fat-free milk
- 1/4 cup shredded parmesan cheese
- 1/2 cup seasoned breadcrumbs
- vegetable cooking spray

### Directions:

Preheat oven to 325° F. Cut zucchini into 3-inch sticks. Whisk the egg white in a small bowl and add milk. Combine parmesan cheese and breadcrumbs in a separate bowl. Dip zucchini sticks into egg mixture, and then roll in breadcrumb mixture. Coat a baking sheet with cooking spray, and place zucchini on sheet. Bake 25-30 minutes or until golden brown.

(Each serving provides 109 calories, 25 calories from fat, 2.8 grams fat, 1.3 grams saturated fat, 6 mg cholesterol, 389 mg sodium, 14.6 grams carbohydrates, 1.8 grams fiber, 3.5 grams sugar)

Source: Adapted from *Health*, September 2008