



Kids Can Cook

Crispy Baked Zucchini Fries

Celebrate Fry Day on July 13th with a healthier alternative.

Ingredients:

- 2 large zucchini
- 3/4 cup panko bread crumbs
- 1/2 tsp sea salt
- 1/2 tsp garlic salt
- 1 large egg
- Olive oil spray

Directions:

1. Preheat your oven to 425.
2. Chop zucchini in half and then into wedges/fries.
3. In a bowl, mix bread crumbs, salt and garlic.
4. Beat eggs and dip zucchini wedges into eggs and then into the breading mixture.
5. Place zucchini onto a cookie sheet with wire rack to allow it to cook from all sides.
6. Spray lightly with olive oil spray.
7. Bake for 10-15 minutes to allow zucchini to fully cook and get crispy.

