

Baked Zucchini Fries with Pesto Yogurt Dipping Sauce Recipe



Ingredients.

1 medium zucchini
2/3 cup whole wheat pastry flour or all-purpose
1 large egg
¾ cup whole wheat panko breadcrumbs
¾ Teaspoon paprika
½ teaspoon salt
½ teaspoon ground pepper
Olive oil cooking spray

The sauce:

½ cup nonfat plain Greek yogurt
3 tablespoon basil pesto
1/8 teaspoon salt

Instructions:

The Fries:

1. Preheat the oven to 425 degrees F. Line a large baking sheet with foil and set a cooling rack on top of the baking sheet. Coat the rolling rack with cooking spray.
2. Cut the zucchini into 3-inch long and ¼-inch thick pieces.
3. Spoon the flour into a medium bowl. Whisk the egg in a separate bowl. In a third bowl, combine the breadcrumbs, paprika, salt and pepper.
4. Working with several zucchini in the egg, then place it in the bread crumb mixture, covering completely.
5. Transfer the coated zucchini pieces to the prepared rack, in a single layer. Repeat the remaining zucchini pieces.
6. Light coat the zucchini with the cooking spray.
7. Bake in the oven until the zucchini is tender and the breading is browned and crisp, about 15 minutes.
8. Serve immediately with the dipping sauce.

The Sauce:

1. In a small bowl, stir together the yogurt, pesto and salt.

Nutrition:

Serving Size 4 fries + Tablespoon Sauce | Calories 112.9cal | Carbohydrates: 15.3g | Protein: 5.2g | Fat 3.5g | Saturated Fat 0.7g | Cholesterol: 24.3mg | Sodium: 233.7mg | Fiber: 2.7g | Sugar: 1.1g