Zucchini Fries with Marinara

Ingredients:

3 medium zucchini, julienned

2 large eggs, beaten

3 heaping Tbsp. flour

1/2 cup Panko bread crumbs

2 Tbsp. grated Parmesan cheese

1/4 tsp. garlic powder

1/4 tsp. paprika (optional)

Salt and pepper, to taste

Marinara or tomato sauce

Directions:

1. Preheat oven to 425. Line a baking sheet with aluminum foil and spray with cooking spray.

2. Julienne each zucchini; julienne by cutting into thin slices.

3. Place zucchini fries in large plastic bag. Add flour, garlic powder and paprika and shake.

4. Dip each fry into the egg and then breadcrumbs/Parmesan cheese.

5. Place on lightly greased cookie sheet.

6. Bake for 10 minutes. Flip and continue baking for 10 minutes more. Turn broiler on and broil until golden brown, about 3-5 minutes. Be careful! They will burn easily!

7. Season with sea salt. Serve with marinara.