



# Zucchini Fries Recipe



## About This Recipe

Serves: 4  
 Mess Rating: 1 (out of 5)  
 Prep Time: 10 minutes  
 Cook Time: 30 minutes  
 Total Time: 40 minutes

## Equipment

1 Fork  
 1 Cutting board  
 1 Knife\*  
 1 Medium bowl  
 2 Oven mitts

## Ingredients

2 Medium zucchini  
 1 Egg white  
 1/4 cup Skim milk  
 1/4 cup Parmesan cheese  
 1/2 cup Whole wheat bread crumbs  
 1/2 cup Whole wheat flour

## Setting Up:

### Step 1: Set Up

Have an adult preheat the oven to 425F

### Step 2: Prepare the Zucchini

Wash the zucchini in water. With adult assistance, cut the zucchini into strips. First cut off the ends. Cut the zucchini lengthwise and then, in crosswise. Cut each piece into strips. Try to cut them evenly so they all cook at the same rate.

### Step 3: Prepare the Egg White

Lightly crack an egg on the edge of a medium bowl. Turing the egg upright, carefully open the shell into two halves, keeping the egg in the lower half. Over the bowl, pour the egg from the one half of the broken shell into the other, letting the egg white fall into the bowl, but keeping the yoke intact in the shell halves as you pour. Repeat until all the white has fallen into the bowl, leaving only the yolk in the shell. Mix the egg white, milk and parmesan cheese in bowl.

### Step 4: Coat the Zucchini

Using a fork, cover one zucchini strip in flour. Next, dunk it in the egg white mixture. Repeat until all the zucchini strips are coated.

## Cooking Steps:

### Step 5: Bake the Zucchini Strips

Cover the baking sheet with cooking spray. Place the zucchini strips on a baking sheet. Bake 25-30 minutes (until golden brown).

### Step 6: Serve

Using an oven mitt, remove baking sheet from oven. Remove zucchini fries from baking sheet Serve on platter. Enjoy!

## Nutrition Information:

**Calories: 103 kCal**      **Saturated Fat: 1 gram**  
**Protein: 6.5 grams**      **Sugars: 3 grams**  
**Fat: 3 grams**      **Sodium: 217 mg**