

CHEESE-CRUSTED ZUCCHINI FRIES

2 large eggs
¾ cup grated Parmesan cheese
½ cup pork panko or crushed pork rinds
1 teaspoon salt
1 teaspoon dried parsley
¼ teaspoon onion powder
¼ teaspoon black pepper
⅛ teaspoon cayenne pepper
3 zucchini, cut in half and then into 4 spears each
Homemade Ranch Salad Dressing (page 279), for serving

MAKES 8 SERVINGS

I love making zucchini fries! They make a fabulous snack or side dish. If you like extra-crispy fries, just pop them in the air fryer for about 3 minutes after they're done baking.

PREHEAT the oven to 425°F. Line a baking sheet with aluminum foil and spray with nonstick cooking spray.

IN a small bowl, whisk the eggs. In a medium bowl, mix together the Parmesan, pork panko, salt, parsley, onion powder, black pepper, and cayenne.

DIP the zucchini spears into the eggs and then in the Parmesan mixture and place on the baking sheet. Bake for 20 to 23 minutes, until golden brown. Serve with ranch dressing on the side for dipping.

STORE leftovers in a covered container in the refrigerator for up to 4 days. Reheat in a toaster oven or air fryer for 3 minutes.

NUTRITIONAL INFO (PER SERVING)

CALORIES 385, **FAT** 23g, **PROTEIN** 40.7g, **CARBS** 1.3g, **FIBER** 0.3g

