

Crispy Parmesan Zucchini Fries

Credit: [Wholesome Yum](#)

Ingredients:

- 2 medium Zucchini
- 3/4 cup Grated Parmesan Cheese
- 1 Large Egg
- 1/4 t. Garlic Powder
- 1/4 t. Black Pepper

Instructions:

1. Preheat oven to 450 degrees F. Lightly grease a baking sheet.
2. Cut each zucchini in half lengthwise 4 times (to make eight long sticks from each squash). Then cut the sticks once crosswise, making 16 sticks from each squash, approximately 4 inches long and 1/2 inch thick.
3. Prepare two shallow bowls - one with eggs, and one with a mixture of grated Parmesan cheese, garlic powder, and black pepper. Dip each squash stick in the egg, shake off the excess, then press into the Parmesan mixture, coating all sides. Place on the prepared baking sheet in a single layer without touching.
4. Bake for about 15-20 minutes, flipping the fries and rotating the pan halfway through, until golden and crispy.

