

# Zucchini Fries

Prep Time: 10      Ready In: 35

Cook Time: 25      Servings:

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## Ingredients

2 Zucchini medium size	1/4 Cup Milk
1 Egg white	1/2 Cup Shredded Parmesan cheese
1/2 Cup Seasoned breadcrumbs	0 Can Vegetable cooking spray

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## Directions

- 1      Heat the oven to 425 degrees. Zucchini need to be cut into 3-inch sticks.
- 2      Whisk egg whites and milk in a bowl.
- 3      Mix Parmesan and seasoned breadcrumbs in a separate bowl.
- 4      Dip zucchini sticks into egg mixture and then roll in breadcrumbs and cheese mixture.
- 5      Place zucchini on a baking sheet that has been coated with cooking spray. Bake until brown.