Crispy Zucchini Fries

Prep: 15 minutes Cook: 20 minutes

Ingredients:

14 oz. (about 2 medium) zucchini, ends removed

1/4 cup egg whites (about 2 large eggs' worth) 1/2 cup whole-wheat panko breadcrumbs

3/4 tsp. garlic powder 3/4 tsp. onion powder 1/2 tsp. Italian seasoning

1 pinch salt

1/8 tsp. black pepper



Directions:

Preheat oven to 400 degrees. Spray a large baking sheet with nonstick spray.

Cut zucchini into French-fry shaped spears.

Place zucchini spears in a large bowl. Top with egg whites, and flip to coat.

In a medium-large bowl, mix breadcrumbs with seasonings.

One at a time, shake zucchini spears to remove excess egg, and lightly coat with breadcrumb mixture. Evenly place on the baking sheet, and top with any remaining breadcrumbs.

Bake for 10 minutes.

Carefully flip zucchini spears. Bake until lightly browned and crispy, about 10 more minutes.

MAKES 2 SERVINGS

HG Tip: If enjoying these the day after they're made heat them in a toaster oven for crispiest results!

Nutrition Information (Per Serving):

 Whole Recipe
 2 Servings

 230 Calories
 115 Calories

 2 g Fat
 1g Fat

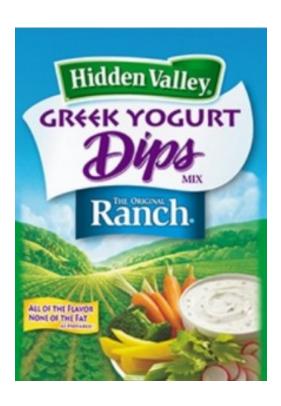
 42 g Carbohydrate
 22g Carbs

 13 g Protein
 7g Protein

Label Comparisons

Hidden Valley Ranch Nutrition Labels

Serv.Size (2Tbsp) Calories	Original Ranch		Light Ranch		Fat Free Ranch	
	140	% DV	80	% DV	30	%DV
Total Fat	149	22%	7g	11%	0g	0%
Sat, Fat	2.5g	12%	1g	6%	0g	0%
Cholest.	10mg	3%	5mg	1%	0mg	0%
Sodium	260mg	11%	290mg	12%	310mg	13%
Total Carb.	2g	1%	3.9	1%	6g	2%
Fiber	0g	0%	0g	0%	0g	0%
Sugars	1g		2g		3g	
Protein	19		0g		0g	





Fresh Dressing
Directions
In a bowl, combine 3 tablespoons 2% milk
and 11/s cups nonfat foreek yought with
contents of packet. Mix well. Cover and
refrigerate, Chill 30 minutes to thickea.
Stir before serving, Keep Refrigerated.

†Prepared dressing made with nonfal Greek yogurt and 2% milk (20 calories) vs. Hidden Valley® Original Ranch® Salad Dressing Mix prepared with mayonnaise and whole milk (90 calories).

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MFD. FOR THE HV FOOD PRODUCTS COMPANY, 1221 BROADWAY, OAKLAND, CA 94612.

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