

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

230 Calories
2 g Fat
42 g Carbohydrate
13 g Protein

2 Servings

115 Calories
1g Fat
22g Carbs
7g Protein

Recipe From:

<http://www.hungry-girl.com/weekly-recipes/healthy-junk-food-swap-recipes-crispy-zucchini-fries-clean-and-hungry-onion-rings>

Label Comparisons

Hidden Valley Ranch Nutrition Labels

Serv. Size (2Tbsp)	Original Ranch		Light Ranch		Fat Free Ranch	
		% DV		% DV		% DV
Calories	140		80		30	
Total Fat	14g	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%	3g	1%	6g	2%
Fiber	0g	0%	0g	0%	0g	0%
Sugars	1g		2g		3g	
Protein	1g		0g		0g	



The Hidden Valley® Story
Over fifty years ago, a Nebraska-born entrepreneur settled in Santa Barbara, CA, where he founded the Hidden Valley Ranch. Guests came to enjoy the great outdoors and wholesome home-cooked meals. They were especially fond of the salads topped with a buttermilk dressing, lovingly prepared by the proprietor, using fresh herbs and spices - the Original Ranch® Dressing. Today, you can still enjoy the same great taste, prepared with Greek yogurt.

Visit HiddenValley.com for more great recipes!

Original Ranch® Broccoli Slaw

Prep time: 15 minutes - Chill time: 1 hour
Mix contents of packet with yogurt and milk. Cover and refrigerate 30 minutes to thicken. Combine slaw, apples and raisins in large salad bowl. Pour dressing on top, toss to coat thoroughly. Cover and refrigerate 30 minutes. Garnish with sunflower seeds just before serving, if desired.

Fresh Dressing Directions
In a bowl, combine 3 tablespoons 2% milk and 1 1/2 cups nonfat Greek yogurt with contents of packet. Mix well. Cover and refrigerate. Chill 30 minutes to thicken. Stir before serving. Keep Refrigerated.

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



Amount/Serving	Mix*	Prepared**
Calories	5	20
Calories from Fat:	0	0
Total Fat 0g	0%	0%
Sat. Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 150mg	6%	7%
Total Carb. 1g	0%	1%
Dietary Fiber 0g	0%	0%
Sugars 0g		
Protein 0g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	0%	4%
Iron	0%	0%

*Amount in this
**Percent Daily Values are based on a diet of 2000 calories
***Prepared with nonfat Greek yogurt and 2% milk

INGREDIENTS: MALTODEXTRIN, SALT, BUTTERMILK, MONOSODIUM GLUTAMATE, DRIED GARLIC, DRIED ONION, SPICES, SUGAR, LESS THAN 2% OF: CALCIUM STEARATE, ARTIFICIAL FLAVORS, XANTHAN GUM, CARBOXYMETHYLCELLULOSE, GUAR GUM, NATURAL FLAVORS (SOY).
CONTAINS: MILK, SOY
MFG. FOR THE HV FOOD PRODUCTS COMPANY,
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