

# Baked Zucchini Fries

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*Scripps Treasure Coast Newspapers*

## Servings: 2

*2 medium zucchini, cut into 1/2-inch thick spears*

*salt*

*2 eggs*

*3 tablespoons dry bread crumbs (or panko)*

*2 tablespoons Parmesan cheese, finely grated*

*1 tablespoon thyme or rosemary*

**SERVING SAUCE**

*plain yogurt*

*lemon juice*

*chives*

Preheat the oven to 425 degrees.

Cut the zucchini into 1/2-inch-thick spears. Place on a wire rack and sprinkle with salt. Let sit for 20 minutes, then blot with a paper towel.

In a large bowl, beat the eggs.

In a zip-top bag, mix the bread crumbs, Parmesan cheese and thyme. Dip the zucchini spears in the egg and then place in the bag. Shake to coat well. Place in a single layer on a greased baking sheet.

Bake for about 12 to 18 minutes (depending on how big the spears are), turning once until golden brown.

In a bowl, mix the yogurt, lemon juice and chives to make a dip.

Serve.

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Per Serving (excluding unknown items): 124 Calories; 7g Fat (47.3% calories from fat); 11g Protein; 6g Carbohydrate; 2g Dietary Fiber; 216mg Cholesterol; 169mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 1/2 Fat.

## Appetizers

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	124	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	47.3%	<b>Vitamin B12 (mcg):</b>	.7mcg

**% Calories from Carbohydrates:** 19.5%  
**% Calories from Protein:** 33.2%  
**Total Fat (g):** 7g  
**Saturated Fat (g):** 3g  
**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 216mg  
**Carbohydrate (g):** 6g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 11g  
**Sodium (mg):** 169mg  
**Potassium (mg):** 558mg  
**Calcium (mg):** 124mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 18mg  
**Vitamin A (i.u.):** 945IU  
**Vitamin A (r.e.):** 147RE

**Thiamin B1 (mg):** .2mg  
**Riboflavin B2 (mg):** .3mg  
**Folacin (mcg):** 68mcg  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 2

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### Amount Per Serving

**Calories** 124 **Calories from Fat:** 59

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#### % Daily Values\*

<b>Total Fat</b>	7g	10%
	Saturated Fat 3g	13%
<b>Cholesterol</b>	216mg	72%
<b>Sodium</b>	169mg	7%
<b>Total Carbohydrates</b>	6g	2%
	Dietary Fiber 2g	9%
<b>Protein</b>	11g	
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<b>Vitamin A</b>		19%
<b>Vitamin C</b>		29%
<b>Calcium</b>		12%
<b>Iron</b>		10%

\* Percent Daily Values are based on a 2000 calorie diet.