

Zucchini Parmesan Fries

Instructions:

Ingredients:

- 1/3 cup (about 1 1/2 ounces) parmesan cheese
- 1/3 cup cracker crumbs
- 1/3 cup sesame or pumpkin seeds
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil
- 1/8 teaspoon ground red pepper
- 2 large eggs
- 1/2 cup flour
- 3 small zucchini (1 1/4 pounds)
- cooking spray
- 1/2 cup tomato sauce

1. Preheat oven to 450 degrees.
2. Combine first 5 ingredients in a food processor or blender. Pulse to resemble breadcrumbs, but do not over process.
3. Beat eggs in a separate bowl.
4. Season flour with salt and pepper.
5. Trim ends of zucchini; cut each zucchini in half and again to make 24 zucchini sticks.
6. Dip zucchini in seasoned flour; then egg; and in cracker mixture' pressing to coat.
7. Place zucchini on a baking sheet coated with cooking spray. Spray top of zucchini with cooking spray.
8. Bake at 450* for 20 minutes or until golden brown.