

# Zucchini Fries



## Ingredients

9 zucchini  
1 tsp Kosher salt  
3 1/2 cups whole wheat bread crumbs  
6 cloves garlic, minced  
1 Tbsp dried basil  
1 1/2 tsp dried oregano  
1 tsp black pepper  
1/2 cup whole wheat pastry flour  
1/2 cup unsweetened almond or soy milk

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## Instructions

Preheat oven to 425 degrees. Prep zucchini by cutting each into julienne strips (match sticks). Lightly salt the fries and set aside. In a large bowl combine whole wheat bread crumbs, garlic, basil, oregano, and pepper. Dredge each zucchini fry into the flour. Tap off extra flour. Dip into milk and then into the bread crumb mixture. Place the zucchini fries on a baking sheet and bake until the bread crumbs are a toasty brown color. About 20-35 minutes.

## Nutrition Information Per Serving

Serves 12  
Calories: 130  
Fat: 2 gm  
Sodium: 200 mg  
Fiber: 5 gm  
Carbohydrates: 26 gm  
Protein: 6 gm  
Sugar: 4 gm