

BAKED PARMESAN ZUCCHINI "FRIES"



INGREDIENTS:

- 1 medium zucchini
- 1/3 cup reduced fat Parmesan cheese
- 1/4 tsp salt
- 1/4 tsp garlic powder
- 1/2 tsp dried oregano
- 1 tbsp olive oil

DIRECTIONS:

- 1) Preheat oven to 350 F
- 2) Place aluminum foil on a baking sheet and coat it with 1/2 tbsp of olive oil
- 3) Cut zucchini into ~ 1 inch fries
- 4) Use the other 1/2 tbsp of olive oil to coat the fries
- 5) Mix Parmesan cheese, salt, garlic, and oregano on a plate
- 6) Dip and coat each fry with the Parmesan mixture and place on the baking sheet
- 7) Bake for 15 minutes then broil for 3-5 minutes or until tops begin to crisp
- 8) Allow to cool for ~ 5 minutes

Enjoy!

Macros for full recipe

Calories: 180 | Protein: 9 g | Carbs: 6 g | Fat: 14 g | Fiber: 2 g