

Farm Market

Baked Parmesan Zucchini Curly Fries



Ingredients:

- Cooking spray
- ¼ cup cornstarch
- 4 large egg whites, lightly beaten
- 1 cup panko (Japanese-style breadcrumbs)
- ¾ ounce Parmesan cheese, finely grated (see Tip)
- 1 ½ teaspoons dried oregano
- 12 ounces spiralized zucchini noodles (see Tip)
- ¼ teaspoon salt
- ¼ cup light ranch dressing
- ¼ cup lower-sodium marinara sauce

Directions:

1. Preheat oven to 425 degrees F. Line 2 baking sheets with parchment paper; coat with cooking spray. Place cornstarch in a shallow dish. Place egg whites in a separate shallow dish. Stir together panko, Parmesan and oregano in a third shallow dish.
2. Coarsely chop zucchini noodles into 5- or 6-inch-long pieces. Working in batches, dredge the noodles in the cornstarch; shake off excess. Dredge in the egg whites; shake off excess. Dredge in the panko mixture; shake off excess. Arrange the noodles, well spaced apart, in a single layer on the prepared baking sheets. Coat with cooking spray.
3. Bake until golden and crispy, 10 to 12 minutes. Remove from oven; sprinkle with salt.
4. Combine ranch and marinara in a shallow bowl; serve alongside the fries.

Tips: Finely grate Parmesan using the medium holes of box grater (you should get about ¼ cup).

Look for a package of fresh zucchini noodles in the produce department, or make your own zucchini noodles; you'll need about 3 medium or 2 large zucchini for 12 ounces of zoodles.

Serving Size: 1 cup fries &
2 Tbsp. sauce

Per Serving: 137 calories; 3.6 g total fat; 0.7 g saturated fat; 4 mg cholesterol; 340 mg sodium. 240 mg potassium; 17.6 g carbohydrates; 2.2 g fiber; 2 g sugar; 6.3 g protein; 101 IU vitamin A; 2 mcg folate; 48 mg calcium; 1 mg iron; 4 mg magnesium;

Exchanges: 1 starch, ½ fat, ½ vegetable

Recipe from eatingwell.com