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Zucchini Oven Fries



Better Homes & Gardens

Active time	Total time	Servings	Calories
20 min	30 min	4	85

We're suckers for anything with "fries" in the name—and these zippy panko-breaded zucchini sticks are no exception. Even better? They're baked rather than fried—roasting in a 450°F oven until golden and tender. Perfection!

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Ingredients

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2 small zucchini (about 12 ounces)

Zucchini Squash

\$1.45 each (est.)

[View alternatives](#)

½ cup panko breadcrumbs

Publix Bread Crumbs, Original Panko

\$1.93

[View alternatives](#)



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¼ cup shredded Parmesan cheese

Publix Cheese, Parmesan, Grated

\$3.71

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2 egg whites

All Whites 100% Liquid Egg Whites

\$5.53

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Ingredients you may already have



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⅛ teaspoon ground cumin

Publix Cumin, Ground

\$2.65

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½ teaspoon garlic powder

Publix Garlic Powder

\$2.75

[View alternatives](#)





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1 teaspoon dried oregano
McCormick® Oregano Leaves
\$3.09

[View alternatives](#)

¼ teaspoon paprika
Publix Paprika
\$2.19

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1 teaspoon kosher salt
Morton Coarse Kosher Salt – For Everyday
Cooking, Grilling, Brining, and as a Margarita Salt
Rimmer, 3 LB Box
\$3.53

[View alternatives](#)

2 teaspoons olive oil
Publix Olive Oil, Extra Virgin
\$6.97

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Instructions

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- 1 Prepare the ingredients:
 - 2 small zucchini (about 12 ounces)
 - ½ cup panko breadcrumbs
 - ¼ cup shredded Parmesan cheese
 - ⅓ teaspoon ground cumin
 - ½ teaspoon garlic powder
 - 1 teaspoon dried oregano
 - ¼ teaspoon paprika

- 1 teaspoon kosher salt
- 2 teaspoons olive oil
- 2 egg whites

2 Cut zucchini into 3-inch sticks. In a bowl mix together breadcrumbs, Parmesan cheese, cumin, garlic powder, dried oregano, paprika and kosher salt. Add olive oil and mix with fingertips until combined. In a separate bowl beat egg whites until frothy. Toss zucchini sticks in the egg whites. Working in batches, transfer sticks to the breadcrumb mixture, press crumbs onto zucchini and place on a baking sheet. Bake at 450°F until golden and just tender, about 12 minutes. Serve immediately.

Nutrition info

Fiber	2 g	0%
Carbohydrate Total	9 g	3%
Calories	85 kcal	0%
Protein	5 g	10%
Sodium	506 mg	21%
Cholesterol	4 mg	1%
Saturated Fat	1 g	5%
Total Fat	4 g	6%

Related recipes



Zucchini Pesto Pasta

RS 25 min



Granny's Italian Zucchini Pie

ar 45 min



Mom's Zucchini Pancakes

ar 30 min



Mom's Zucchini Pie

ar 80 min

