

Baked Zucchini “Fries”

Serves 1-2

Ingredients:

1 Tbsp. nutritional yeast
1/4 cup Japanese-style
Panko breadcrumbs
1/2 tsp. onion powder
1/2 tsp. garlic powder
1/4 tsp. pepper
1/2 tsp. salt
2 zucchini

Directions:

1. Preheat oven to 425°F.
2. Cut zucchini in half both vertically and horizontally, then cut into strips. *(Note: thinner-cut strips make crispier fries!)*
3. In a plastic zipper-lock bag, add breadcrumbs, nutritional yeast, onion and garlic powders and salt and pepper.
4. Adding half of strips at a time, place strips in bag and toss/shake to coat.
5. Arrange strips on lightly greased, foil-lined baking sheet.
6. Bake fries for 8 minutes. Flip and bake for an additional 8 minutes.

Note: For extra-crisp texture, broil for 2 to 3 minutes near end of cooking time.