

# Baked Parmesan Zucchini Fries



6



18 min



23 min



Difficulty

## INGREDIENTS

- 1 1/2 lbs. zucchini, cut lengthwise into wedges (about 3 medium zucchini)
- 1/2 cup freshly grated parmesan
- 1 teaspoon dried herbs - thyme, oregano, basil, rosemary
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- Kosher salt and black pepper to taste
- 2 tablespoons olive oil
- 3 tablespoons chopped fresh parsley leaves

## INSTRUCTIONS

1. Preheat oven to 400 degrees. Line baking sheet with parchment or aluminum foil. Spray with non-stick cooking spray and set aside.
2. In a bowl, combine parmesan, dried herbs, smoked paprika, and garlic powder. Salt and pepper to taste.
3. Toss the zucchini with olive oil and roll in parmesan/herb mixture to coat all sides. Place zucchini onto prepared baking sheet. Sprinkle with extra parmesan/herb mixture if needed.
4. Bake until crisp, about 15 minutes. Then broil for 2-3 minutes or until golden brown.
5. Garnish with parsley and serve warm.