

# Mean and Lean Zucchini Fries

## What You'll Need

- 1/2 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 2 tablespoons cornmeal
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon chili powder (optional)
- 3 medium zucchini cut into sticks the shape of french fries
- 2 egg whites, beaten
- cooking spray

Serves 4

## Let's Cook!

- 1 Preheat oven to 475 degrees.
- 2 Spray a large baking sheet with cooking spray.
- 3 Place flour, cornmeal, salt, pepper, garlic and chili powder in a large plastic bag.
- 4 Dip zucchini in egg white and place inside bag. Shake until all the zucchini sticks are covered.
- 5 Place zucchini on baking sheet so they are not touching. Spray zucchini with cooking spray.
- 6 Bake for 7 minutes.
- 7 Turn the zucchini and spray with cooking spray.
- 8 Continue to bake until golden and just tender, about 5 minutes more.
- 9 Serve hot.

## Nutrition Facts

Serving Size (222g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 620mg	<b>26%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein</b> 10g	
Vitamin A 15%	Vitamin C 100%
Calcium 4%	Iron 15%

