Crunchy Zucchini Fries
in a new light

Makes: 6 servings
Prep Time: 10 minutes
Cook Time: 15 minutes
Difficulty: Easy

Ingredients:
- 1 egg white
- 1 tablespoon light mayonnaise
- 3 medium zucchini, cut into 4 x 1/2-inch lengths, about 42 pieces
- 1/4 cup plain, dry whole wheat bread crumbs
- 2 tablespoons cornmeal
- 1 tablespoon white whole wheat flour
- 1 teaspoon chili powder
- 1/4 teaspoon salt

Directions:
Preheat the oven to 425°F. Spray a large baking sheet with cooking spray.

Whisk together egg white and mayonnaise in a large bowl until blended. Add zucchini and toss until well coated. Place bread crumbs, cornmeal, flour, chili powder, and salt in a large food storage bag. Add zucchini, a few pieces at a time, shaking the bag to coat all sides.

Place zucchini in one layer on the baking sheet. Lightly spray with cooking spray. Bake until lightly golden and crisp, about 15 minutes.

Nutritional Information: Per serving (about 7 zucchini fries): 60 calories, 1.5 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 140 mg sodium, 9 g carbohydrate, 2 g fiber, 3 g protein.