



Crisp Baked Zucchini Fries

Level: Easy

Serves: 4 to 6

Buttermilk Dipping Sauce ingredients (prepare the day before baking fries):

Prep Time: 5 minutes

$\frac{1}{2}$ cup mayonnaise

$\frac{1}{2}$ cup cultured low-fat buttermilk

$\frac{1}{2}$ tsp. dried tarragon leaves

$\frac{1}{2}$ tsp. dried parsley flakes

$\frac{1}{2}$ tsp. fresh chives, finely chopped

1 clove garlic, grated

In a small bowl, mix all ingredients until combined. Cover and refrigerate overnight to thicken and so flavors can develop.



OR Spicy Sriracha Aioli Dipping Sauce ingredients (prepare the day before baking fries):

Prep Time: 5 minutes

$\frac{3}{4}$ cup mayonnaise

1 Tbsp. white granulated sugar

1 Tbsp. Japanese rice vinegar

1 Tbsp. Huy Fong brand Sriracha sauce

In a small bowl, mix all ingredients until combined. Cover and refrigerate overnight to thicken and so flavors can develop.

Crisp Baked Zucchini Fries ingredients:

Prep and Cook Time: 45 minutes

2 large zucchini; stem discarded, halved crosswise, then cut lengthwise into $\frac{1}{2}$ -inch wedges

1 cup all-purpose flour

$\frac{1}{2}$ tsp. + $\frac{1}{4}$ tsp. coarse kosher salt, measured separately

$\frac{1}{4}$ tsp. + $\frac{1}{8}$ tsp. ground black pepper, measured separately

Egg wash: 2 large eggs whisked with 2 Tbsp. water

1 (4.02 oz.) package panko (Japanese style bread crumbs) (see Notes on 2nd page)

2 Tbsp. extra virgin olive oil

Preheat oven to 425°. Place a wire rack over a large baking pan lined with foil. Set aside. Mix the flour, $\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper in a shallow bowl, the egg wash in another shallow bowl, and the panko in a third shallow bowl. First, roll all sides of a zucchini wedge in the seasoned flour, shaking off any excess flour. Then roll the floured zucchini in the egg wash, covering all sides. Lastly, roll the zucchini in the panko, covering the entire wedge. Place wedge on prepared wire rack. Repeat with remaining zucchini wedges. Brush or drizzle olive oil over the coated zucchini wedges and season with remaining $\frac{1}{4}$ tsp. salt and $\frac{1}{8}$ tsp. pepper. Bake for 25 minutes, or until panko turns golden brown. Remove from oven and serve immediately with either the buttermilk or spicy Sriracha aioli dipping sauce.

Notes:

- This is optional, but I like to mix half a bag of "fine" panko and half a bag of original panko flakes together to form a nice crust on the outside of the zucchini fries.
- When dredging the zucchini wedges, always remember to shake off the excess flour and panko. This will help you achieve a light and thin breading around the zucchini.
- Placing the zucchini wedges on a wire rack positioned over a large baking pan will let the hot air in the oven cook the wedges evenly. It will also keep the fries from getting soggy once removed from the oven and steam escapes from the zucchini.
- These are the 2 types of panko I use (Shirakiku brand):

