



# THE ingles TABLE

with Chef Gigi Stewart  
Crispy Oven Baked Zucchini Fries

## Shopping List

- 2 large zucchini, washed & dried, ends trimmed (no need to peel)
- ¾ cup gluten-free bread crumbs
- ½ cup very finely grated Asiago cheese (can sub Romano or Parmesan)
- ¼ teaspoon garlic powder
- Pinch of salt and pepper
- 1 egg white, lightly beaten with fork
- 1 – 2 tablespoons coconut oil (or other high heat oil like avocado oil)

## Cooking Instructions

- 1) Preheat your oven to 425F and lightly grease a large baking sheet.
- 2) Cut zucchini in half cross-wise, then cut each portion lengthwise into “fries”.
- 3) Combine bread crumbs, cheese, garlic powder, salt and pepper in a shallow bowl.
- 4) Add egg white to a separate shallow bowl; beat with fork.
- 5) Assembly line style, dip zucchini pieces into egg white, then into crumb mixture, then place on baking sheet. Repeat until all pieces are used.
- 6) Discard any leftover egg white and/or bread crumb mixture.
- 7) Drizzle fries with coconut oil, then bake 20-25 minutes, until browned and crisp.
- 8) Serve immediately.



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