

Baked Zucchini Fries

Zucchini is one of my summer squashes, known for its tender flesh when cooked and nutritional benefits. Baked zucchini fries are a nutritious alternative to deep-fried appetizers. When squash is in season, I like to slice them up into spears and transform them into a tasty snack. Their elongated shape and size are perfect for cutting into fries. I prefer to select small to medium-sized zucchini. They have a better texture when there is some green skin left on the surface.

Baking the zucchini at high temperatures in the oven ensures golden brown exteriors. It takes about 12 to 15 minutes to bake zucchini fries for this recipe. I recommend baking on top of a wire rack. This allows even heat circulation around the entire fry, which means no need for flipping.

Prep Time: 30 minutes
Cook Time: 15 minutes
Servings: 4 servings
Storage: 3 days
Author: Chef Chandra, S.O.U.L. Food

Ingredients

- 3 medium zucchinis, (1 pound)
- 1 cup GF breadcrumbs
- ½ cup parmesan cheese, thinly shredded
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ teaspoon kosher salt
- ¾ teaspoon dried oregano
- 1 teaspoon smoked paprika
- ½ cup GF flour
- 2 large eggs, whisked
- 2 tablespoons Dijon mustard
- 2 tablespoons mayonnaise
- 1 teaspoon honey
- 1 teaspoon apple cider vinegar
- 2 teaspoons water
- ¼ teaspoon black pepper
- 1 TBSP chopped basil

Instructions

Set the oven rack to the center position. Preheat to 425°F (218°C).

Line a baking sheet with parchment paper or foil and place a wire rack on top. Lightly apply nonstick cooking spray or grease with vegetable oil to the rack.

Cut each zucchini into 12 pieces, 3 to 4-inches long, ½ to ¾-inches wide. There should be about 36 pieces total.

Mix breadcrumbs, Parmesan cheese, garlic powder, onion powder, kosher salt, smoked paprika and dried oregano together in a shallow bowl. Set aside for the breading station.

Create a breading station: 1 bowl containing flour, 1 bowl containing whisked eggs, and 1 bowl containing breadcrumb mixture.

Dip each piece of zucchini as follows; first in the flour and shake off excess, then in the egg, and finally in the bread crumb mixture pressing down and coating each side.

Place breaded zucchini on the wire rack once coated. Repeat with the remaining zucchini pieces.

Bake until golden brown, 12 to 15 minutes. You do not need to flip them unless you're baking directly on the sheet tray, turn halfway through baking.

Combine mustard, mayonnaise, honey, apple cider vinegar, water, black pepper, and basil in a small bowl.

Serve immediately.

Notes

Flour: Evenly coat the zucchini spears first in flour, shaking off any excess. This helps to absorb moisture from the vegetable as it coats to keep the breading from becoming soggy.

Egg: Dip the floured zucchini in eggs and turn to coat. This helps the breadcrumbs stick to the fries when dipping. The egg proteins solidify like glue when cooked ensuring the coating will adhere.

Breadcrumbs: Completely coat the spears into the panko breadcrumb mixture.