



## Baked Parmesan Zucchini Curly Fries



active:  
30 mins  
total:  
45 mins  
Servings:  
6

### Ingredients

- Cooking spray
- ¼ cup cornstarch
- 4 large egg whites, lightly beaten
- 1 cup panko breadcrumbs
- ¾ ounce Parmesan cheese, finely grated

- 1 ½ teaspoons dried oregano
- 12 ounces spiralized zucchini noodles (see Tip)
- ¼ teaspoon salt
- ¼ cup light ranch dressing
- ¼ cup lower-sodium marinara sauce

## Instructions

1.  Preheat oven to 425 degrees F. Line 2 baking sheets with parchment paper; coat with cooking spray. Place cornstarch in a shallow dish. Place egg whites in a separate shallow dish. Stir together panko, Parmesan and oregano in a third shallow dish.
2.  Coarsely chop zucchini noodles into 5- or 6-inch-long pieces. Working in batches, dredge the noodles in the cornstarch; shake off excess. Dredge in the egg whites; shake off excess. Dredge in the panko mixture; shake off excess. Arrange the noodles, well spaced apart, in a single layer on the prepared baking sheets. Coat with cooking spray.
3.  Bake until golden and crispy, 10 to 12 minutes. Remove from oven; sprinkle with salt.
4.  Combine ranch and marinara in a shallow bowl; serve alongside the fries.

## Tips

Look for a package of fresh zucchini noodles in the produce department, or make your own zucchini noodles; you'll need about 3 medium or 2 large zucchini for 12 ounces