



Another delicious recipe
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BAKED SUMMER SQUASH FRIES

SERVES 6 (8 PIECES EACH) / PREP TIME: 10 MINUTES / COOK TIME: 20 MINUTES

These delicious “fries” are a terrific way to use all that extra summer zucchini. The outside of these fries gets very crispy while the inside stays soft and luscious.

¼ cup whole-wheat flour

2 eggs

2 tablespoons water

2 cups panko breadcrumbs

Salt and freshly ground black pepper (generous amounts)

1 teaspoon garlic powder

½ teaspoon cayenne pepper

1 pound zucchini or any summer squash, cut into 4- to 5-inch sticks of ¾-inch thickness

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper, or coat a baking sheet with nonstick cooking spray.
2. Put the flour in a large zip-top bag.
3. In a shallow dish, whisk the eggs with the water.

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4. In another dish, place the panko, salt, pepper, garlic powder, and cayenne pepper and mix to combine.
5. Place the zucchini sticks in the bag with the flour and shake until well-coated. Then dip the zucchini into the egg mixture and then back into the panko mixture, turning to coat well.
6. Place the breaded zucchini on the baking sheet. Bake for 18 to 20 minutes, until golden brown.
7. Serve immediately with your favorite dipping sauce, and enjoy!

Cooking Tip: *These fries are best on the first day, but to store them as leftovers, place them as a single layer on a plate and encase the plate in a zip-top bag. Reheat them at 375°F for 5 to 7 minutes.*

Recipe and photo by Shawnda on TheBrewerandtheBaker.com.
