

## Zucchini Fries

2 small zucchini

1 large egg white

1/4 cup all-purpose flour

3 tablespoons cornmeal

1/2 teaspoon each salt, garlic powder, chili powder, paprika and pepper

Cooking spray

Marinara or spaghetti sauce, warmed

Cut zucchini into 3x1/2x1/2-in. pieces. In a shallow bowl, whisk egg white. In another shallow bowl, combine the flour, cornmeal and seasonings. Dip zucchini in egg white, then roll in flour mixture.

Place zucchini on a baking sheet coated with cooking spray; spray with additional cooking spray. Bake at 425° for 18-22 minutes or until golden brown, turning once. Serve with marinara sauce. Yield: 2 servings

*Adapted from Taste of Home*