



VEGGIE FRIES

| | Ingredients | Exchanges |
|--------------|---------------------------------|---------------------|
| Protein | 2.3 gm raw egg | 0.15 (-0.15 gm fat) |
| | 4 gm parmesan cheese | 0.85 |
| Fat | 16.1 gm mayonnaise | 3.25 (-0.15 gm) |
| Carbohydrate | 21.9 gm zucchini, raw | 1 |
| Other | Salt, garlic powder, dried dill | |
| | 2-3 drops lemon extract | |

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Slice the raw zucchini into small sticks; set aside.
- In a small bowl, weigh the raw egg.
- In a separate small bowl, weigh the parmesan cheese and season with salt and garlic powder.
- Toss the weighed zucchini sticks into the egg coating all sides.
- Transfer the zucchini to the bowl with the parmesan cheese; toss to coat.
- Grease a sauté pan with nonstick cooking spray and warm over medium heat.
- Add the parmesan coated zucchini to the pan.
- Stir often to brown on all sides.
- While the zucchini is cooking, assemble the sauce by combining the mayonnaise, dried dill, and lemon extract; stir until smooth.
- Serve the zucchini fries hot with the lemon dill dip.

VARIATIONS

- Other vegetables can be used in place of the zucchini such as carrots, cauliflower, pickles, green beans, etc.
- When adjusting this recipe to your child's personal meal plan, keep in mind the egg is only to help the parmesan cheese stick to the vegetable, therefore you don't want an excessive amount.
- Romano cheese can be used in place of the parmesan.
- Alternatively, this recipe can be baked on a parchment paper covered baking sheet.
- When adjusting, the egg exchanges should be 15% of the zucchini exchanges. The parmesan cheese exchanges should be 85% of the zucchini exchanges. If there are additional protein exchanges served on the side, extra parmesan cheese could be added to the dip.