

Zucchini Fries

Ingredients:

- 2 cups (10.6oz) zucchini, sliced in 4-inch strips
- 1 egg, beaten
- 1 heaping scoop Diet Right cheese sauce
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- Cooking spray

Directions:

1. Slice Zucchini into 4-inch strips and pat dry
2. Add the egg to a shallow bowl and whisk.
3. Add the cheese sauce and spices to a second bowl and combine.
4. Dip the Zucchini into egg and then the seasoning mixture, press to make it stick.
5. Place the Zucchini in a single layer in air fryer and spritz with oil.
6. Air fry at 400 degrees for about 10 minutes or until nice and crispy
7. Dip in Walden Farms Ranch Dip (or other flavors).

Servings:

2 cups select vegetables

1 oz lean protein

1 Diet Right protein product

1 extra if Walden Farms Ranch Dip used