

Zucchini Fries

**Ingredients:**

* 4 Medium zucchini
* 1/2 cup Grated parmesan cheese (or shaved)
* 1 tsp Garlic powder
* 1 tbs Minced onion flakes
* 1 tsp Salt (or to taste)
* 1/2 tsp Pepper (or to taste)
* Organic Avocado or Coconut Oil cooking spray
* Optional Seasonings: Parsley, basil, oregano (to taste)

**Instructions:**

1. Heat oven to 425 degrees. Line a baking sheet with parchment paper lined with cooking spray. Wash zucchini and cut both ends off. Cut the zucchini in half lengthwise and cut each half in again, making wedges. Cut each wedge in the center, making 8 short wedge 'fries'.
2. Line fries on prepared baking pan. Sprinkle seasonings and parmesan cheese evenly over zucchini fries. Lightly spray the zucchini with cooking spray just before baking.
3. Bake the zucchini in the preheated oven until the fries are golden and tender, about 15-20 minutes. Enjoy with low sugar organic ketchup if desired!