

Baked Zucchini Fries with Lemon Mayo

For most of us, there's no giving up the golden, crunchy deliciousness of french fries. We simply take too much pleasure in their salty goodness. Luckily, yoga guru, *Kathryn Budig*, shares a healthier alternative to this comfort food that packs just as much savory punch as any potato could. And it's easy to make. Try her recipe here to get on your way to a satisfyingly good day!

Zucchini Fries:

- 2 zucchinis, skin left on
- 1 cup panko breadcrumbs, gluten-free optional
- 1 tablespoon seasoned salt
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- A pinch of cayenne
- 1 cup of all-purpose flour, gluten free optional
- 2 eggs
- 1 tablespoon plain yogurt (coconut or dairy)
- 1 teaspoon course sea salt
- Cooking spray of your choosing

Lemon Mayo:

- 1 cup Mayo
- 1 lemon, zested and juiced
- 2 teaspoons course sea salt

Directions:

Preheat oven to 400°F. Line a cooking sheet with parchment paper and spray with cooking oil.

Slice zucchinis in half the long way. Cut these two pieces in half. Slice each quarters into fries – roughly 3 even slices

Grab 3 medium-sized prep bowls. Fill one with flour, the next with breadcrumbs, cumin, seasoned salt, garlic and cayenne, and the final bowl with whisked eggs and yogurt. Lightly coat a handful of zucchini strips in flour, followed by a quick bath in egg mixture. Dredge your fries in the breadcrumb mixture until evenly coated.

Line your cooking sheet with your full set of fries (these guys can back close together, no problem) and give them a final mist of cooking oil spray and dusting of course sea salt.

Bake for roughly 10-15 minutes, or until golden brown. Remove from oven and let cool for 5 minutes.

Whisk mayo, lemon juice, lemon zest and sea salt together in a dipping bowl. Dunk away!

