

Turmeric Spiced Zucchini Fries

Ingredients

- 1-2 Large Zucchini's, julienned into fries
- 2 large eggs
- ½ cup Parmesan cheese, shredded
- ½ cup almond flour
- 1 tsp Turmeric
- ½ tsp salt
- ½ tsp black pepper

Directions

1. Preheat oven to 425F
2. Wash zucchini and slice it lengthwise into thin French fries like pieces
3. In a small bowl, whisk together eggs, turmeric, salt and pepper until well mixed and pour mixture into a large plate
4. In a separate bowl, combine almond flour and Parmesan cheese and stir until well mixed. Feel free to add slightly more cheese if to your preference but don't go overboard with it
5. Take your sliced zucchini and roll it in the egg mixture until every side is coated
6. Roll egg coated zucchini slices into the almond flour / parmesan mix until every side is coated well
7. Carefully place zucchini strips onto a baking sheet lined with parchment paper
8. Bake fries for 13 minutes
9. After 13 minutes carefully turn fries and bake for an additional 5 minutes or until cheese has turned a golden brown and looks crunchy
10. Allow fries to cool for a minute on baking sheet before transferring to your serving dishes
11. Serve immediately
12. Enjoy!

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