

RECIPES

Foresthill Friendship Club Recipe

EASY OVEN FRIED ZUCCHININ

Driving through Foresthill over July 4th weekend I noticed many family gardens starting to display success with the family crops. One crop that can produce a multitude of food is zucchini. I reviewed the 1990 Todd Valley Friendship Club Potluck Recipes cookbook and found a recipe from Gigi McDonald for Easy Oven Fried Zucchini. This summer make oven fried zucchini instead of French fries, while zucchinis are plentiful. Enjoy!

Easy Oven Fried Zucchini

Vegetable Cooking Spray

3 Tablespoons Herbed Seasoned Breadcrumbs

1 Tablespoon Parmesan Cheese

¼ teaspoon Garlic Salt

1/8 teaspoon Pepper

2 medium unpeeled Zucchini

2 teaspoons of Vegetable Oil

2 Tablespoons of Water

Pre heat oven to 475 degrees. Spray cookie sheet liberally with cooking spray. Combine breadcrumbs, cheese, salt, and pepper on sheet of wax paper. Quarter zucchini lengthwise, then cut each spear in half (1/2) or thirds (1/3). Put zucchini spears in plastic bag, add water, oil, and shake. Now roll each spear in breadcrumb mix until lightly coated. Arrange spears in single layer on cookie sheet, bake uncovered, 7 – 8 minutes. Serves 4