



ZUCCHINI FRIES

½ cup skim milk

1 egg

½ cup bread crumbs

½ cup shredded parmesan

1 tsp. Sunset Seasoned Salt

2 large zucchini

Prepare dip by blending sour cream and Applewood Chipotle Rub & Seasoning. Refrigerate until ready to serve. Preheat oven to 425°F. In a medium bowl, whisk milk and egg together. Blend bread crumbs, cheese and Sunset Seasoned Salt in a pan. Cut zucchini into wedges and coat with the milk-egg mixture, then gently roll them in the bread crumb mixture. Place coated zucchini onto greased baking sheet. Bake 20-25 minutes, or until crisp and golden brown. Serve with Applewood Chipotle Dip.

- Applewood Chipotle Rub & Seasoning
- Sunset Seasoned Salt