



## Roasted Zucchini Fries

olive oil cooking spray  
4 small zucchini, trimmed and cut into “fries”  
1/4 tsp. sea salt  
black pepper, to taste  
1 Tbsp. olive oil  
2 Tbsp. grated Parmesan cheese (optional)

Preheat oven to 450°. Line a rimmed baking sheet with foil and coat with cooking spray. In a large bowl, combine zucchini, salt, pepper, and oil. Toss to coat thoroughly.

Arrange zucchini on prepared baking sheet in a single layer and roast, tossing once halfway through cooking, for 18-20 minutes or until tender and lightly browned. Transfer to a plate, sprinkle with Parmesan (optional) and serve.

*adapted from Clean Eating*

