



Veggie “Fries”

Baked veggie fries have less calories and less fat than a traditional French fry or fried veggie stick. This is a great way to entice your little one to try some vegetables they may have been avoiding in the past.

Ingredients

- Vegetables!
This recipe works well for 1 bunch asparagus or 2 medium sweet potatoes or 4-6 carrots or 1-2 zucchini or 1-2 yellow squash or 1 small butternut squash or 1 small avocado
- 4 tablespoons olive oil
- 1 tablespoon garlic powder
- 2 tablespoons dried oregano and/or basil
- 1 teaspoon each salt and black pepper
- 1 cup panko breadcrumbs
Alternative: can use any standard bread crumbs or crushed almonds or crushed cornflakes or crushed crackers
- 1/3 cup parmesan cheese

Equipment

2 medium mixing bowls
Measuring cups
Large mixing spoon
Fork

Baking sheet
Spatula
Knife and cutting board

Directions

1. Wash and prepare vegetables
2. For asparagus – remove bottom portion, about ½ inch or where it easily breaks off with your hand
3. Sweet potatoes – cut into fry shapes about ¼ inch thick
4. Carrots – cut into fry shape about ¼ inch thick
5. Zucchini and yellow squash – cut into fry shape about ½ inch thick
6. Butternut squash – peel and remove seeds, cut into fry shapes about ¼ inch thick
7. Avocado - carefully slice in half and remove pit, slice avocado before using a spoon to remove the flesh from the peel
8. Let kids help scrub vegetables
9. Place olive oil, garlic powder, oregano and/or basil, paprika, salt and pepper in a medium bowl, use a fork to combine.
10. Place vegetables in a bowl with oil mixture and use hands to coat vegetables. Set aside.
11. In another bowl place breadcrumbs and parmesan cheese, use a fork to thoroughly mix.
12. Take one veggie fry at a time and coat in the bread crumb mixture, place on a cookie sheet. Continue with remaining fries.
13. Place fries on a rimmed baking sheet and spread evenly over the pan.
14. Bake fries in a preheated oven (425 degrees) for 20-25 minutes.

😊 Little helpers: Kids can mix the spice and oil mixture, allowing them to smell the different spices. Have them help scrub the veggies clean, older kids can help cut the vegetables. This is a great opportunity for them to get their hands in and coat the veggies with the seasoning/oil and bread crumb mixtures.

🍏 Health benefits: Vegetables are full of fiber, vitamins, minerals and phytochemicals. The olive oil in these fries can help us to absorb some of the fat-soluble vitamins A, D, E and K. The light bread crumb cheese coating adds flavor and crunch without a lot of fat and calories.