

DO ME A QUICKIE

OVEN-FRIED ZUCCHINI FINGERS

Master these little bastards and whip some up to satisfy late-night cravings for French fries.

Feeds 4

1/4 cup fine bread crumbs
1/3 cup grated Parmesan cheese
1/2 teaspoon dried rosemary, crushed
1/8 teaspoon of cayenne pepper
1/4 teaspoon salt
Fat pinch freshly ground black pepper
1 large egg
4 small green zucchini
Olive oil



Preheat the oven to 400°F. Lightly spray or grease a baking pan with oil.

Combine the bread crumbs, Parmesan, rosemary, cayenne, salt, and pepper in a small paper or plastic bag and shake.

Beat the egg in a shallow dish. Like you mean it.

Wash and dry the zucchini. Cut the tips off. Slice in half lengthwise. Do it again. Cut across the width. The pieces should be the size of fat fries or 2-fingers wide (depending on how fat your fingers are).

Dip the sticks in the egg and toss them in the bag. Give it a good shake.

Spread the sticks in a single layer on the prepared pan. Pop in the pan in the oven and crisp those jewels for about 5 minutes. Flip them over and stick them back in. Pull them out when toasty. Stick one in your mouth too soon and you'll burn your tongue and whimper like a little girl. It hurts. I know. I hate when that happens.
