



Century
Federal Credit Union

Recipes for Success

Fried Zucchini

Jen, Marketing Director

Ingredients

- 2 medium zucchinis, sliced
- 1 cup of Italian-style breadcrumbs
- 1/4 cup parmesan cheese
- 1 Tbsp garlic powder
- 1 Tbsp parsley
- Salt & black pepper, to taste
- 1/4 cup flour
- 1 egg, beaten
- 3-4 Tbsp of olive oil



Directions

1. Cut zucchini into 1/4 inch slices and place between paper towels to absorb excess moisture for 5-10 minutes.
2. Combine breadcrumbs, cheese, garlic powder, parsley, salt and pepper and set aside.
3. Place flour and beaten egg in separate bowls and set aside.
4. In a large deep sauté pan heat olive oil to medium-high heat.
5. Take each zucchini chip and dredge in flour first, then egg and then the breadcrumb mixture and place flat in the sauté pan.
6. Sauté each piece for about 4 minutes per side, until golden brown and then flip for another 4 minutes.
7. Remove from oil once cooked and place on a dry paper towel for 1-2 minutes to drain off excess oil.
8. Serve with ranch dressing for dipping.