

## **Baked Zucchini “Fries”**

2 medium zucchini, cut into 2-3” strips (think the size of potato fries)

2 teaspoons of olive oil

Zest from one organic lemon

1/2 teaspoon chili powder

1/4 teaspoon of ground cayenne red pepper

1/8 teaspoon cumin

1/8 teaspoon paprika

1/8 teaspoon ground black pepper

1/2 teaspoon dried oregano

1/2 teaspoon Himalayan sea salt

1. Preheat oven to 400 degrees.
2. Mix spices in bowl to blend, add olive oil and stir.
3. Prep zucchini and add to mix. Stir to coat all zucchini fries evenly.
4. Place zucchini fries on a baking sheet lined with foil and place on top rack of oven. Bake for 15 minutes, stir or flip fries. Continue to bake for an addition 7-10 minutes. Remove lightly toss and serve.

Serving Size = 1 cups

