DietCloud – Recipe

Recipe Name: Healthy Vegetable Fries Recipe (Oven roasted Potato, Zucchini and Carrot Fries)

Diet Type: Vegetarian

Course: Side Dish

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
	4

Preparation

• Prepare a baking sheet by greasing it with oil or butter.
• Whisk the egg white along with salt and pepper and keep aside.
• In another mixing bowl, combine the breadcrumbs with italian seasoning mix, garlic powder, red chilli flakes and place them in a small flat tray or plate.
• Brush the vegetable sticks with the egg white and then roll them in the breadcrumb mixture such that they are coated evenly.
• Arrange the spice coated vegetables on the baking sheet and bake in the preheated oven for about 15 to 20 minutes, until the vegetable fires are well browned and golden.
• Halfway through the baking, use a pair of tongs and flip the vegetable sticks to ensure even baking.
• Once done, remove the vegetable fries from the oven and arrange on a serving platter.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)