

Parmesan Pepper Green Bean Fries

Recipe adapted from: Weight Watchers Magazine, March/April 2015

Makes 6 Servings

Ingredients

- 12 oz fresh green beans, trimmed
- 2 large egg whites, at room temperature
- 2 Tbsp water
- 1 cup finely grated Parmigiano-Reggiano (about 3 ½ oz)
- 1 tsp freshly ground black pepper, or to taste



Directions

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Whisk egg whites and water until foamy in a bowl. Combine cheese and pepper in another bowl.
3. Dip green beans into the egg mixture and turn to coat; gently shake off any excess. Then dip into cheese mixture and turn to coat (a light coating works best). Place on baking sheet.
4. Repeat with remaining green beans, making sure fries do not touch or overlap on baking sheet. Rewhip egg mixture a few times during this process, as needed, to keep foamy.
5. Bake until cheese has melted and browned, 8-10 minutes.
6. Transfer to a wire rack to cool until serving.

Note: Finely ground cheese sticks best to the green beans.

Nutrition Information per Serving (approximately 10 fries): Calories: 96, Total Fat: 5gm, Saturated Fat: 3gm, Sodium: 277mg, Carbs: 5gm, Fiber: 2gm, Protein: 9gm

Lemon Dill Zucchini Fries

Recipe adapted from: Weight Watchers Magazine, March/April 2015

Makes 4 Servings

Ingredients

3 medium zucchini
2 Tbsp all-purpose flour
2 large egg whites
1 Tbsp fresh lemon juice
1 Tbsp water
1 cup whole wheat panko bread crumbs
1 Tbsp minced fresh dill or 1 tsp dried dill
1 tsp lemon zest
½ tsp salt
½ tsp freshly ground black pepper



Directions

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Cut zucchini in half lengthwise. Then slice each half into 4 long spears (you should end up with 24 fries).
3. Place zucchini in a large bowl. Add flour and toss to coat.
4. Whisk egg whites, lemon juice and water in a separate bowl. Combine panko, dill, lemon zest, salt and pepper in another bowl.
5. Dip zucchini spears into the egg mixture and turn to coat; gently shake off any excess. Then dip into bread crumb mixture and turn to coat. Place on baking sheet.
6. Repeat with remaining zucchini, making sure fries do not touch or overlap on baking sheet.
7. Spray fries with nonstick cooking spray and bake until brown and crunchy, 25-30 minutes.
8. Transfer to a wire rack to cool until serving.

Note: If you want a slightly crunchier, “fry” texture, use the fry attachment on a mandolin to create smaller spears.

Nutrition Information per Serving (6 fries): Calories: 110, Total Fat: 1gm, Saturated Fat: 0gm, Sodium: 350mg, Carbs: 19gm, Fiber: 3gm, Protein: 7gm

Eggplant Parm Fries

Recipe adapted from: Weight Watchers Magazine, March/April 2015

Makes 4 Servings

Ingredients

- 1 ½ lbs eggplant
- 2 large egg whites
- 2 Tbsp tomato paste
- 2 Tbsp water
- 1 cup whole wheat bread crumbs
- 1 tsp dried oregano
- 1 tsp dried basil
- ¼ cup finely grated Parmigiano-Reggiano (about 1oz)

Directions

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Trim and peel eggplant. Use the fry attachment on a mandolin to create small spears. If you don't have a mandolin, cut off a thin sliver from rounded sides so the eggplant can lie flat. Cut lengthwise into ½-inch thick slices; cut each slice into ½-inch thick sticks. Then cut each stick in half again (you should get 48 fries).
3. Whisk egg whites, tomato paste and water in a bowl. Combine bread crumbs, oregano, basil and cheese in another bowl.
4. Dip eggplant fries into the egg mixture and turn to coat; gently shake off any excess. Then dip into bread crumb mixture and turn to coat. Place on baking sheet.
5. Repeat with remaining eggplant, making sure to not touch or overlap on baking sheet.
6. Spray fries with nonstick cooking spray and bake until brown and crunchy, 25-30 minutes.
7. Transfer to a wire rack to cool until serving.



Note: Eggplant naturally contains a lot of moisture so you want to serve these immediately because they won't stay crispy for long!

Nutrition Information per Serving (12 fries): Calories: 158, Total Fat: 3gm, Saturated Fat: 1gm, Sodium: 200mg, Carbs: 25gm, Fiber: 6gm, Protein: 10gm