

Crispy Oven-Baked Green Bean Fries

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Ingredients

- 2 cups fresh green beans (about 40 beans)
- 1 tbsp all-purpose flour
- 1 egg
- 3/4 cup panko bread crumbs
- 3 tbsp grated parmesan cheese
- 1/2 tsp salt
- Garlic powder, red pepper flakes, optional

Steps

1. Preheat the oven to 425
2. Wash the green beans and trim the ends off
3. Toss the green beans in the flour to lightly coat them
4. Mix the panko crumbs with the Parmesan, salt and any spices you want to use.
5. Beat the egg in a shallow baking dish.
6. Dip the green beans in the egg, then coat with the panko bread crumb mixture.
7. Spray a baking sheet with non-stick spray, then line the green beans up in a single layer across the pan.
8. Bake for 10-12 minutes or until the coating begins to brown.
9. Serve immediately!

