**Healthy Snacks Lab:Veggie Fries**

**Directions:** Each lab will make their assigned vegetable into fries using the recipe in this packet. While the fries are cooking, make your low-fat ranch dressing dip. When all the fries are cooked, each lab will try a sample. Fill out the evaluation sheet at the end!

**Unit 1-Crispy Baked Asparagus Fries**

Ingredients

* 2 bunches of asparagus, trimmed
* 1/2 cup flour
* 2 eggs, lightly beaten
* 1 cup panko breadcrumbs
* 1/4 cup grated Parmesan cheese
* ¼ tsp salt and pepper

Directions

1. Preheat oven to 425 degrees.
2. After washing and trimming the asparagus, cut them into 1/8 inch strips.
3. Dip the asparagus in the flour
4. Next dip them in the egg and then into a mixture of the panko, parmesan, salt and pepper.
5. Put cooling racks on the baking sheet. Spray with non-stick spray.
6. Place the asparagus in a single layer on a wire rack and bake until golden brown, about 13-15 minutes.

**Unit 2-**[**Crispy Baked Eggplant Fries**](http://www.closetcooking.com/2012/09/crispy-baked-eggplant-fries-with.html)

**Ingredients**

* 2 medium eggplant, cut into 1/8 inch thick 'fries'
* 1/2 cup flour
* 2 eggs, lightly beaten
* 1 cup panko breadcrumbs
* 1/4 cup Parmesean Cheese, grated
* 1 teaspoon Italian seasoning
* Salt and Pepper to taste

##### **Directions**

1. Preheat oven to 425 degrees.
2. After peeling the eggplant, cut them into 1/8 inch strips like fries.
3. Coat the eggplant slices in the flour.
4. Then dip them in the egg and then into a mixture of the panko breadcrumbs, parmesan, Italian seasoning, salt and pepper.
5. Place the eggplant slices on a wire rack on a baking sheet and bake in until golden brown, about 10 minutes.

## Unit 3-Crispy Baked Sweet Potato Fries

### Ingredients:

3 sweet potatoes

2 Tbsp olive oil

3 Tablespoons cornstarch

Paprika, Garlic Powder, Salt, and Pepper

### Directions:

Preheat oven to 425 degrees F.

Slice sweet potatoes into THIN, uniform fries. Toss fries in olive oil and cornstarch.

Sprinkle with seasonings.

Bake for 20 minutes or until crisp.

## Unit 4-Crispy Baked Potato French Fries

### Ingredients:

2 large russet potatoes  
3 Tbsp canola oil  
1 1/2 tsp freshly ground pepper  
1 1/2 tsp garlic salt  
1/2-3/4 tsp kosher salt  
1/2 tsp Paprika

### Directions:

Preheat oven to 425 degrees.

Line a large rimmed baking sheet with paper towels. Place a cooling rack on top of a baking sheet. Spray racks with non-stick spray.

Cut potato into thin fry strips. Microwave in batches on a plate for 4 minutes. **Use every available microwave in the kitchen to accomplish this quickly!!!**

In a shallow dish, combine the oil and seasonings. Add the potato pieces and toss to coat. Keep remaining oil/seasoning.

Spread fries onto rack and place on baking sheet.

Cook for 15 minutes until done. Half way through the cooking time, turn fries and brush more seasoning/oil onto the fries.

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| **Unit 5-Oven-Baked Onion Rings** |  |

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**Ingredients:**

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| * 3 yellow onion - ends trimmed off, peeled and cut into 1/2-inch slices * 3 eggs * 2 tablespoons milk * 1 pinch cayenne pepper | * 1 cup panko bread crumbs, or more if needed * 3/4 cup all-purpose flour * ¼ tsp salt and ground black pepper |

**Directions:**

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| **1.** | Preheat oven to 450 degrees F (230 degrees C). |
| **2.** | Separate onion slices into individual rings. |
| **3.** | Whisk eggs, cayenne pepper with milk in a bowl until thoroughly combined  Place panko crumbs into a separate bowl. |
| **4.** | Place onion rings into a large resealable plastic bag. Add flour, salt, and black pepper; seal bag and shake until rings are well coated. |
| **5.** | Drop flour-coated onion rings into egg mixture, a few at a time, and toss lightly with tongs until coated. Place rings into panko crumbs and gently shake the bowl to toss the crumbs with the onion rings until rings are coated with crumbs. |
| **6.** | Transfer coated onion rings to a large baking sheet; spray rings lightly with cooking spray. |
| **7.** | Bake in the oven until onion rings are tender and crumbs are lightly golden brown, about 15 minutes. |

**Unit 6-Crispy Baked Parmesan Zucchini Fries**

**Ingredients**

* 4 zucchini squash
* 2 eggs, beaten
* 1/4 cup Parmesan cheese, grated
* 1 cup Panko bread crumbs
* 1 tablespoon dried Italian seasoning
* ¼ tsp Salt and Black Pepper

**Instructions**

1. Preheat oven to 425 degrees.
2. Spray cooking sheet with non-stick spray.
3. Mix dry ingredients together in a prep bowl along with the Parmesan cheese.
4. Beat eggs in separate prep bowl.
5. Slice zucchini into sticks. Aim for sticks that all have the same general size for even baking.
6. Keep your left hand wet, right hand dry! Take individual zucchini sticks and dip them in egg wash using one hand, placing them in the dry ingredients after. Use your dry hand to make sure they are coated well.
7. Transfer to baking sheet.
8. Cook until golden, about 20 minutes. Flip halfway through.

# Unit 7-Carrot Fries Recipe

**INGREDIENTS**

* 6 large carrots, peeled
* 2 Tbsp olive oil
* 3/4 teaspoon salt
* Pinch Pepper

**INSTRUCTIONS**

1. Heat the oven to 400°F.
2. Coat a baking sheet with aluminum foil.
3. Cut the peeled carrots into 1/8 inch strips
4. Place the carrot strips in a medium bowl, add the oil, salt, and pepper.
5. Toss with your hands until thoroughly coated.
6. Place the strips in a single layer on the baking sheet—the strips can be touching but should not overlap.
7. Bake for 6 minutes, then flip and bake about 6 to 8 minutes more or until lightly crisp.

**All Groups-Light and Creamy Homemade Ranch Dressing**

Rating: 51

Ingredients

* ½ cup light mayonnaise with Olive Oil
* ¼ cup light sour cream
* 1/2 teaspoon dried chives
* 1/2 teaspoon dried parsley
* 1/2 teaspoon dried dill weed
* 1/8 teaspoon garlic powder
* 1/8 teaspoon onion powder
* 1/8 teaspoon salt
* 1/8 teaspoon pepper

Instructions

1. Combine all ingredients in a small bowl

Notes-To thin dressing add a few small amount of milk and stir well

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_\_\_\_\_

**Vegetable Fries Evaluation Sheet**

* 1. Which type of fry did your group make today?
  2. What did you do to help your group get the food done on time?
  3. Which type(s) of fry did you like the BEST? Why?
  4. Which type(s) of fry did you like the LEAST? Why?
  5. List 3 ways you can start incorporating more fruits and vegetables into your diet?
  6. What did you learn from this lab?

**TA Job Signature\_\_\_\_\_\_\_\_\_\_**