



WESTERN WISCONSIN HEALTH

Crispy "Fried" Veggies

- 2 C. multigrain flakes cereal, crushed
- 1/2 C. fresh grated Parmesan cheese (low sodium)
- 4 eggs
- 4 C. chopped zucchini, onions and mushrooms, bite-sized, even pieces
- Grapeseed oil cooking spray
- 1/4 C. whole wheat flour
- 1 oz. kosher salt, to taste, optional
- 1/4 C. fresh basil, finely chopped
- 1/2 tsp. ground cayenne (red pepper), to taste
- 1 pinch black pepper (fresh), to taste

Nutrition Facts

Serving Size (78g)
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 1610mg **67%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 6g

Vitamin A 6% • Vitamin C 10%

Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Preheat oven to 400°. Coat baking sheet with cooking spray. For faster clean up, line cookie sheet with foil. In large bowl, add flour, In a separate bowl, mix flakes, basil, cayenne and cheese. Add salt (if desired) and pepper to taste. Dry vegetables well. Dip about 1 cup of vegetables at a time into the flour bowl. Shake off excess flour, then dip in the beaten egg. Scoop them out of the eggs with a slotted spoon, draining well. Then dip into coating mixture, gently turning to coat well. Place veggies on prepared baking sheet so they do not touch each other. Lightly coat with cooking spray. Bake 10 minutes. If necessary, turn pieces and bake an additional 5 minutes or until crispy and golden brown. Season to taste, and serve hot.

Additional Information: Dip veggies in your favorite creamy dressing or sprinkle with lemon juice and some more grated Parmesan.

NUTRITION FACTS: Serving size: 1/2 cup per serving, 8 servings