Crispy “Fried” Veggies

2 C. multibran 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

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