



BODYBUILDING.COM™

Crunchy Parmesan Green Bean Fries

Ingredients:

Raw green beans, 2 cups
Egg, 1
Egg white, 1
Shredded parmesan, 1 cup
Wheat panko crumbs, 2/3 cup

Seasonings:

Garlic powder, 1 tsp
Salt to taste
Pepper to taste

Garnish:

BBQ sauce or Dijon or Greek yogurt-based ranch dressing

Directions:

1. Set oven to 400 degrees F.
2. Beat eggs. Mix panko, parmesan, and seasonings together.
3. Dip green beans in egg wash, then in parmesan mix. Place on a baking sheet lined with parchment paper or on a rack.
4. Bake in oven for 12-15 minutes or until golden brown.
5. Enjoy with your favorite dipping sauce.