



Crispy on the outside and juicy and tender on the inside, these fried zucchini sticks are a sure crowd-pleaser. Perfect as a side or for a get-together appetizer, they are simple to make and delicious.

Deep-Fried Zucchini Sticks

Ingredients

3 zucchini
1 cup flour
2 cups water
2 cups Italian bread crumbs
1 teaspoon salt
Light oil for frying

Ingredients - Ranch Dip

1/4 cup mayonnaise
1/2 cup sour cream
3 tbsp parsley, chopped
1/2 tsp Worcestershire sauce
1/2 tsp ground garlic
1/2 tsp apple cider vinegar
1/2 tsp ground black pepper
1/4 tsp salt
1/4 tsp onion powder
1/2 tsp lemon juice

Instructions

Cut the ends of the zucchini off and cut it in half lengthwise. Cut the halves into quarters and then each quarter in half to make pieces. If your zucchini is long, then cut it into three pieces (your pieces should be approximately 3" in length). Sprinkle them with the salt and let them rest for 2 minutes. Toss the cut pieces in the flour and set them on a baking sheet lined with parchment paper.

Dip each flour-coated stick in the water and then immediately toss in the bread crumbs. Place back on the baking sheet. Repeat until all the zucchini are coated with bread crumbs. Place in the freezer for 5 minutes.

While the zucchini rest, heat the oil in a wok to 350°F. Drop the zucchini in a few at a time (no more than 6 pieces) and fry until golden brown (approximately 2 to 3 minutes). Place the cooked zucchini on a towel to drain.

To make the dip, mix together all the ingredients until smooth. Refrigerate until ready to serve.

Makes 12 to 16 zucchini sticks.