

Green Bean Fries

Description

Crunchy, crispy baked green bean fries with a spicy yogurt dipping sauce.

Ingredients

- 1 lb green beans
- 1 egg
- 1/4 cup panko
- 1 olive oil

Instructions

Preheat oven to 425 degrees.

Line a baking sheet with foil and place a cooling rack on top so it's sitting in the pan.

Stir egg in a shallow bowl, set aside.

Combine breadcrumbs, garlic salt & pepper in another small bowl.

Dip green beans in egg and then coat in breadcrumb mixture.

Lay side by side on rack in the baking sheet.

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Combine green beans with olive oil and bake for 15 minutes, until crunchy and golden brown.

Enjoy hot out of the oven.

Serve with Sesame Dressing Sauce.