**Unit 1-Crispy Baked Asparagus Fries**

Ingredients

* 1 bunch of asparagus, trimmed
* 1/4 cup flour
* 2 eggs, lightly beaten
* 1 cup panko breadcrumbs
* 1/4 cup grated Parmesan cheese
* ¼ tsp salt and pepper

Directions

1. Preheat oven to 425 degrees.
2. After washing and trimming the asparagus, cut them into 1/8 inch strips.
3. Combine panko, parmesan, salt and pepper
4. Dip the asparagus in the flour
5. Next dip them in the egg and then into a mixture of the panko, parmesan, salt and pepper.
6. Cover a baking sheet with foil and spray with non-stick spray.
7. Place the asparagus in a single layer and bake until golden brown, about 10-15 minutes.

## Unit 2-Crispy Baked Sweet Potato Fries

### Ingredients:

2 sweet potatoes

2 Tbsp olive oil

2 Tablespoons cornstarch

¼ tsp Paprika, Garlic Powder, Salt, and Pepper

### Directions:

Preheat oven to 425 degrees F.

Peel and slice sweet potatoes into THIN, uniform fries. Toss fries in olive oil and cornstarch. Add seasonings and toss again.

Cover a baking sheet in tin foil and spray with cooking spray. Line fries up so that none are stacked.

Bake for 10-15 minutes on one side and then **flip** and bake for another 10 mins or until crisp.

## Unit 3-Crispy Baked Potato French Fries

### Ingredients:

2 large russet potatoes  
3 Tbsp canola oil  
1 1/2 tsp freshly ground pepper  
1 1/2 tsp garlic salt  
1/2-3/4 tsp kosher salt  
1/2 tsp Paprika

### Directions:

Preheat oven to 450 degrees.

Chop potatoes into matchsticks wedges. Line on baking sheet with foil and generously spray with cooking spray.

Put cut potatoes in a large bowl and add oil, pepper, garlic salt, kosher salt and paprika. Mix together with your hands till all potatoes are coated.

Line on prepared baking sheet making sure no potatoes are overlapping or touching.

Bake for 25-30 minutes, **FLIPPING** halfway through.

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| **Unit 4-Oven-Baked Onion Rings** |  |

**Ingredients:**

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| * 2 yellow onion - ends trimmed off, peeled and cut into 1/2-inch slices * 3 eggs * 2 tablespoons milk * 1 pinch cayenne pepper | * 1 cup panko bread crumbs, or more if needed * 3/4 cup all-purpose flour * ¼ tsp salt and ground black pepper |

**Directions:**

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| **1.** | Preheat oven to 450 degrees F (230 degrees C). |
| **2.** | Separate onion slices into individual rings. |
| **3.** | Whisk eggs, cayenne pepper with milk in a bowl until thoroughly combined  Place panko crumbs into a separate bowl. |
| **4.**  **5**. | Place onion rings into a large resealable plastic bag. Add flour, salt, and  black pepper; seal bag and shake until rings are well coated.  Place onto a large baking sheet; spray rings lightly with cooking spray. Bake12-15 minutes. Onion rings should be tender and lightly golden brown. |

**Unit 5-Crispy Baked Parmesan Zucchini Fries**

**Ingredients**

* 2-3 zucchini squash
* 2 eggs, beaten
* 1/4 cup Parmesan cheese, grated
* 1 cup Panko bread crumbs
* 1 tablespoon dried Italian seasoning
* ¼ tsp Salt and Black Pepper

**Instructions**

1. Preheat oven to 425 degrees.
2. Spray cooking sheet with non-stick spray.
3. Mix dry ingredients together in a prep bowl along with the Parmesan cheese.
4. Beat eggs in separate prep bowl.
5. Slice zucchini into sticks. Aim for sticks that all have the same general size for even baking.
6. Keep your left hand wet, right hand dry! Take individual zucchini sticks and dip them in egg wash using one hand, placing them in the dry ingredients after. Use your dry hand to make sure they are coated well.
7. Transfer to baking sheet.

Cook until golden, about 20 minutes. Flip halfway through.

# Unit 6-Carrot Fries Recipe

**INGREDIENTS**

* 6 large carrots, peeled
* 2 Tbsp olive oil
* 3/4 teaspoon salt
* Pinch Pepper

**INSTRUCTIONS**

1. Heat the oven to 400°F.
2. Coat a baking sheet with aluminum foil.
3. Cut the peeled carrots into 1/8 inch strips
4. Place the carrot strips in a medium bowl, add the oil, salt, and pepper.
5. Toss with your hands until thoroughly coated.
6. Place the strips in a single layer on the baking sheet—the strips can be touching but should not overlap.

Bake for 6 minutes, then **flip** and bake about 6 to 8 minutes more or until lightly crisp.