Green Bean Fries

Description

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

Summary

Yield: 2
Source: Running to the Kitchen
Prep Time: 30 minutes
Category: Appetizers
Cuisine: American

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.

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.