Baked Zucchini Fries with Dressing

1 cup Panko bread crumbs
1/2 cup freshly grated parmesan cheese
1 tsp Italian seasoning
Kosher salt and freshly ground pepper, to taste
4 zucchini, quartered lengthwise
1/2 cup all-purpose flour
2 large eggs, beaten
2 Tbs chopped fresh parsley leaves
1/2 to 3/4 cup plain Greek yogurt
1 tsp dried dill weed
salt and pepper to taste
1 small clove of garlic
6 Tbs. olive oil
2 Tbs. parmesan

Preheat oven to 425 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside. In a large bowl, combine Panko, Parmesan and Italian seasoning; season with salt and pepper, to taste. Set aside.
Working in batches, dredge zucchini in flour, dip into eggs, then dredge in Panko mixture, pressing to coat. Place zucchini onto prepared baking sheet. Place into oven and bake for 20-22 minutes, or until golden brown and crisp.
Put yogurt, garlic and spices in a blender or food processor and blend until smooth.
Very slowly, add the oil so that it emulsifies. Use immediately, or store up to 1 week in the fridge

Serve immediately, garnished with parsley, if desired.

Serves: 5 Calories per serving: 171