

Zucchini Fries

Ingredients:

- 1 zucchini (6 – 7 inches)
- ¼ cup sliced onion
- 1 tbsp extra virgin olive oil or coconut oil
(coconut oil flavor does come through)
- ¼ tsp ground cumin
- ¼ tsp salt
- ¼ tsp paprika
- dash of turmeric powder
- 1 tbsp nutritional yeast
- black pepper



Instructions:

1. Cut ends off of zucchini and then cut in half.
2. Cut into sticks, like french fries.
3. In a mixing bowl (4 cups or bigger), stir together oil, salt, paprika, turmeric, and cumin.

4. Add zucchini and onion to mixture and coat well.
5. Add nutritional yeast to bowl and mix again briefly to coat.
6. Spread zucchini and onion onto dehydrator tray with parallax sheet.
7. Sprinkle on some black pepper.
8. Dehydrate for 2 – 3 hours on at 115 degrees. (If you dehydrate them for a few hours longer, they will shrink, but taste just as good.)
9. Remove from dehydrator and enjoy!