



Crunchy Green Bean Fries with Remoulade

These crispy snacks are a great healthy twist on the classic french fries

U.S.

For the Fries:

2 each	Egg, large
1 cup	Breadcrumbs, whole wheat
1/4 tsp	Salt
1/4 tsp	Black pepper, ground
1 lb	Green beans, trimmed
As needed	Pan spray, olive oil

Metric

2 each
227 g
1.2 g
1.2 g
455 g
As needed

For Remoulade Sauce:

3/4 cup	Mayonnaise, light or fat-free	197 mL
1/4 cup	Sour Cream, fat-free	59 mL
1 1/2 Tbsp	Worcestershire sauce	23 mL
1 tsp	Garlic pow	3 g
1 tsp	Swerve sugar substitute	3 g
1 tsp	Black pepper, ground	2.4 g
1/4 cup	Creole mustard	60 g
2 tsp	Smoke paprika	.35 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C)
3. In a small bowl, beat eggs with a fork. Set aside.
4. In a separate bowl combine breadcrumbs, salt, and pepper.
5. Line a baking tray with parchment paper and spray with pan spray. Set aside.
6. Dip green beans in egg. Allow for excess egg to drip off and then cover green bean in breadcrumb mixture and place on baking tray. Spray breaded green beans with pan spray. Bake for 15 minutes or until golden brown
7. While green beans are baking, mix all remoulade ingredients together in a small bowl. Mix until smooth and creamy. Set aside for dipping.
8. Cool green beans for 5 minutes before serving.

Nutrition Facts

6 Servings

Serving size 4 oz fries, 1 Tbsp sauce

Amount per serving

Calories 230

Calories from Fat 45

Total Fat 5 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 1 g

Cholesterol 65 mg

Sodium 250 mg

Total Carbohydrate 37 g

Dietary Fiber 6 g

Total Sugars 3 g

Includes 0 g Added Sugars

Protein 8 g

Vitamin D 0 %

Calcium 4 %

Iron 6 %

Potassium 364 mg

Phosphorus 68 mg