

Fried Zucchini

1 lg egg, beaten

1/3 cup low-fat milk

1 cup flour

salt and pepper, to taste

6 zucchini, cut steak fry-style

1 cup olive oil, or canola oil

In a bowl, mix egg, milk, flour, salt and pepper until smooth. If too thick, add water. If too thin, add flour. Dip zucchini in batter.

Deep fry in hot oil. Serve with tomato sauce or TsaTsiki sauce.