



# Healthy Heart Recipe

## Fried Zucchini

*Foods fried in Kreta Reserve become a “healthy heart” meal!*

- Prepare a breading mix of 50% Italian bread-crumbs with 25% Parmesan and 25% Romano grated cheeses. Add a liberal amount of garlic powder or granules to taste. Add fresh chopped Italian parsley. Add pepper to taste. This breading is also great with meat, fish, and chicken too!

- Cut the zucchini into thick, flat strips about four inches long. Dip the strips in a mix of eggs beaten with a bit of evaporated milk. Place the strips in the breading and press a nice coating of breading onto each strip.

- Cover the bottom of your frying pan with Kreta Reserve. Gently fry the breaded strips at medium heat only--never use high heat. Turn the strips carefully so the breading does not break away from the zucchini. Serve the zucchini direct from the pan when golden brown--don't drain the wonderful oil.

- After frying each batch, pour the remaining Kreta Reserve through a coffee filter and reserve to use it again--it is still perfect oil! Rinse your pan and wipe away the bits of browned breading that remain in the pan. Fry again.

- Enjoy your “healthy heart” zucchini. Any food fried in Kreta Reserve becomes a “healthy heart” meal. No need to limit fried foods in your diet.

- This simple recipe will fill your kitchen with a wonderful aroma that only comes when frying foods with the finest quality and most healthful extra virgin olive oil on the planet.

- The flavor of foods fried or sautéed on medium heat in Kreta Reserve will amaze your family and guests. Chefs who prepare the finest foods with the finest ingredients insist on Kreta Reserve.

- See [www.kretareserve.com](http://www.kretareserve.com) for more recipes.

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