



Baked Zucchini Sticks

Makes 4 servings

Ingredients

Cooking spray
4 medium (7 ounces each) zucchinis, ends trimmed, cut into ½-inch sticks
3 large egg whites, beaten
¼ teaspoon kosher salt

Fresh black pepper, to taste
1 cup seasoned whole-wheat breadcrumbs
2 tablespoons grated Romano cheese
¼ teaspoon garlic powder
½ cup marinara sauce for dipping (optional)

Instructions

1. In a small bowl, beat egg whites and season with salt and pepper. In a zip-close bag, place breadcrumbs, garlic powder and cheese and shake well. Spray cookie sheet with cooking spray and set aside.
2. Dip zucchini sticks into eggs, then into breadcrumb-and-cheese mixture, a few at a time, and shake to coat.

3. Place the breaded zucchini on the cookie sheet in a single layer and spray more cooking spray on top. Bake at 425 degrees for about 20 – 25 minutes, or until golden brown. Serve with marinara sauce for dipping.

Nutrition Facts

Serving size: approximately 1 zucchini; calories per serving: 154; carbohydrates: 26g; protein: 9g; fat: 2g; saturated fat: 0.5g; sugars: 7g; dietary fiber: 3g; cholesterol: 0mg; sodium: 327mg

Recipe adapted from www.skinnytaste.com

