



recipe box

GAD-ZUKES! ZUCCHINI STICKS

Tools & Utensils

- Baking sheet; small bowl; pie plate; whisk; plastic bag; measuring cups; measuring spoons

Ingredients

- 4-5 medium zucchini; ½ cup bread crumbs; ½ cup grated parmesan cheese; ½ tsp. garlic powder; ½ tsp. salt; ½ tsp. pepper; 1 egg; ¼ cup vegetable oil

Directions

1. Preheat the oven to 425 degrees.
2. Prepare the baking sheet by pouring about half of the vegetable oil onto the pan and spreading around to coat the surface evenly. Set aside.
3. Trim the stem and blossom ends off the zucchinis, but DO NOT peel them.
4. Cut zukes into sticks, approximately ½ in. thick and 3 in. long.
5. In a small bowl, toss together the bread crumbs, grated cheese, garlic powder, salt and pepper.
6. Transfer the mixture to a clean plastic bag.

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Directions (cont'd)

7. Beat the egg in a shallow bowl or pie plate.
8. Dip the zucchini sticks, 1 or 2 at a time, into the beaten egg and toss the into the bag with the crumb mixture. Shake to coat.
9. Remove coated zukes and place onto the baking sheet. Repeat until you have used up all the zucchini sticks or crumbs.
10. Drizzle the remaining oil evenly over the breaded sticks and bake for 12 to 15 minutes.
11. Turn zukes over halfway through baking time and bake until browned and sizzling.
12. Serve with your favorite sauce or dressing and enjoy!

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