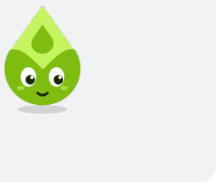
Snack, Mediterranean

Crispy Baked Zucchini Sticks

Tender zucchini pieces get a crunchy coating of panko, cornmeal, and Parmesan before baking until golden brown. Warm marinara on the side makes the perfect dip.

25 min	110	20 g	5 g
time	calories	carbs	sugars



Nut free

Ingredients, 4 servings

- [ ] 1 spray, 0.25 g nonstick cooking spray
- [ ] 2 med zucchini
- [ ] 2 large egg whites
- [ ] 1/4 cup panko bread crumbs
- [ ] 1/4 cup cornmeal
- [ ] 1 tbsp Parmesan cheese (grated)
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried basil
- [ ] 3/4 cup marinara

Method

- [ ] 1 Begin by preheating the oven to 425°F, then coat a large baking sheet with nonstick cooking spray.
- [ ] 2 Trim both ends from each zucchini, slice it into quarters lengthwise so you are left with eight long strips, and cut every strip into three shorter pieces.
- [ ] 3 In a shallow bowl, whisk the egg whites until they turn light and frothy.
- [ ] 4 In a separate shallow bowl, stir the panko bread crumbs together with the cornmeal, the grated Parmesan cheese, the dried oregano, and the dried basil to build the coating.
- [ ] 5 Working one piece at a time, dip the zucchini into the egg whites, then coat it all over with the panko mixture.
- [ ] 6 Arrange the coated pieces on the prepared baking sheet, mist their tops with more nonstick cooking spray, and bake for 20 minutes, turning the strips over once partway through, until the coating is browned.
- [ ] 7 Serve the finished zucchini sticks hot, with the marinara alongside for dipping.

Nutrition Facts

Per serving

Calories	**110**
Total fat	2 g
Saturated fat	0 g
Sodium	300 mg
Total carbs	20 g
Fiber	2 g
Total sugars	5 g
Protein	6 g

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