

Baked Zucchini Sticks

Instructions

1. Add olive oil to a baking sheet and preheat the oven to 450 degrees.
2. Cut off the ends and slice the zucchinis into sticks. In a small bowl, mix breadcrumbs, garlic powder, and Parmesan cheese or nutritional yeast, using enough to coat all of the zucchini sticks. In a separate bowl, mix egg whites with salt and pepper.
3. Dip each zucchini stick into the egg whites and then the breadcrumbs. Spread evenly on the baking sheet, making sure the sticks don't touch.
4. Bake for 15 minutes and then flip. Cook until the breadcrumbs are golden brown, another 10–15 minutes. Serve with your favorite sauce!

Ingredients

- 1 tablespoon of olive oil
- 1–4 large zucchinis
- 2–4 large egg whites
- 1–2 cups of whole wheat breadcrumbs
- 2 tablespoons of Parmesan cheese or nutritional yeast
- Salt
- Pepper
- Garlic powder

Grocery List – Add optional ingredients as desired

Produce

- 1–4 zucchinis

Dairy

- Egg whites
- Parmesan cheese

Pantry

- Whole wheat breadcrumbs
- Salt
- Pepper
- Garlic powder
- Nutritional yeast
- Olive oil