

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 zucchini into sticks. In a small bowl, mix the breadcrumbs, garlic powder, and Parmesan cheese or nutritional yeast, preparing 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 breadcrumb mixture. Spread the sticks evenly on the baking sheet, making sure they don't overlap or 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 tbsp of olive oil
- 1-4 large zucchini
- 1-2 cups of whole wheat breadcrumbs
- 2 tbsp of Parmesan cheese or nutritional yeast
- 1 tsp of garlic powder
- 2-4 large egg whites
- Salt
- Pepper

Grocery List

Produce

- Zucchini

Dairy

- Parmesan cheese
- Egg whites

Pantry

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