

Zippy Zucchini Sticks

Makes 5 servings (2 sticks)

Ingredients:

- 2 small zucchini (washed and sliced into sticks)
- ¼ cup seasoned bread crumbs
- 2 tablespoons grated parmesan cheese
- 1 egg

Directions:

1. Remember to wash hands.
2. Preheat oven to 400 degrees.
3. Cut and place a sheet of parchment paper onto a baking sheet.
4. Mix bread crumbs and parmesan cheese in a small bowl.
5. Crack egg into a bowl and beat.
6. Dip each zucchini stick into the egg bowl and then the bread crumb mixture.
7. Remember to wash hands again after dipping zucchini in egg.
8. Lay dipped sticks onto the parchment paper.
9. Bake in a single layer at 400 degrees for 15-20 minutes or until brown and crispy.

Hint: Children can measure bread crumbs and cheese, crack egg and beat, and dip veggie sticks into the egg and bread mixture. Try other vegetables such as carrots or squash if zucchini is not available. Marinara sauce makes a tasty dip!

Recipe provided by Ginny Barnard, Riley County Family & Consumer Science Agent, K-State Research & Extension

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Nutrition Facts: 2 sticks per serving provides 50 calories, 2g total fat, 0.5g saturated fat, 0g trans fat, 35mg cholesterol, 160mg sodium, 5g total carbohydrate, 1g dietary fiber, 1g sugar, 3g protein, Vitamin C 15%

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