

## Oven Fried Zucchini Sticks

Cooking spray

½ cup Italian seasoned breadcrumbs

2 Tablespoons parmesan cheese, freshly grated

2 Tablespoons Romano cheese **OR**

2 tablespoons Asiago cheese, freshly grated

½ teaspoon garlic powder

½ teaspoon oregano

½ teaspoon basil

½ teaspoon parsley

3 medium zucchini

¼ cup milk

1 egg (might need 2)

1 cup spaghetti sauce **OR** 1 cup ranch dressing

Preheat oven to 400°F. Spray a cookie sheet with cooking spray.

Place bread crumbs, cheeses, garlic powder, oregano, basil, parsley in Ziploc bag; shake well to combine. Set aside.

Cut each zucchini lengthwise into 8 pieces; cut each piece in half horizontally.

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Beat egg and milk in a shallow bowl.

Dip each piece of zucchini in egg mixture then into bread crumb mixture. Repeat until all of the sticks are coated; place them on prepared cookie sheet.

Bake for 10-15 minutes or until brown and tender.

Serve with warm spaghetti sauce or ranch dressing.

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Recipe & Photo Courtesy of [www.food.com](http://www.food.com).

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