

Baked Zucchini Sticks

5 Medium Zucchini

Flour Mix

½ Cup Flour

½ Tsp Salt

¼ Tsp Pepper

Egg Mix

1 Egg

1 Tbs Milk or Water

Breadcrumbs Mix

½ Cup Seasoned Breadcrumbs

¼ Cup Grated Parmesan

Marinara Sauce for Dipping, or Ranch!

1. Preheat oven to 450°F.
2. Wash and cut your zucchini into about 3 inch sticks, ½ inch wide.
3. Dip the sticks in the flour mix, then egg, then breadcrumb.
4. Put on a pan that has parchment paper.
5. Spray them with baking spray, and then bake for about 25 minutes.
6. Serve with dipping sauce while hot.
7. Enjoy!