

## RECIPES

## Baked Zucchini Fries or Sticks



### Ingredients (3 serving)

2 small (6-inch) zucchini or other summer squash  
 1 egg white  
 2 tablespoons low-fat milk  
 1/4 cup grated Parmesan cheese  
 1/4 cup breadcrumbs  
 1/2 tablespoon Italian seasoning

### Nutrition Information per serving

70 calories, 3 g fat, 1.4 g sat fat,  
 4 g protein, 7 g carbohydrates,  
 0.5 g fiber, 201 mg sodium.

### Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Wash and cut zucchini into 3-inch sticks or cut into slices for chips.
3. Beat egg white in a small bowl with a fork. Add milk.
4. Combine Parmesan, breadcrumbs and Italian seasoning in a separate bowl.
5. Dip zucchini sticks or slices into egg mixture, and then roll in breadcrumb mixture.
6. Coat a baking sheet (any size) with non-stick spray.
7. Place zucchini on sheet.
8. Bake at 425° for 25-30 minutes or until golden brown.

## ZUCCHINI OR YELLOW SUMMER SQUASH

**Choose:** zucchini or summer squash with shiny, firm skin with no cuts or bruises.

**Store:** in a plastic bag in the refrigerator. Use within 5 days. Do not wash until you are ready to use it.

**How much?** 2 medium zucchini or summer squash = 1 cup cooked