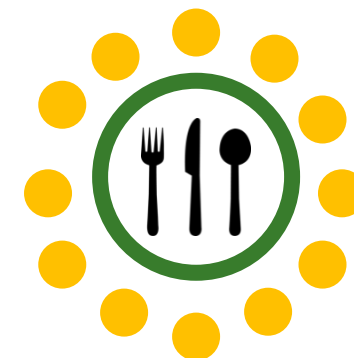


recipe of the week:

Baked Zucchini Sticks



ingredients:	directions:
Cooking spray	1. Beat egg whites in a small bowl and season with salt & pepper
4 medium zucchinis, ends trimmed	2. Place breadcrumbs, garlic powder & cheese in a zip top bag and shake
3 large egg whites, beaten	3. Spray cookie sheet with cooking spray
¼ tsp. kosher salt	4. Dip zucchini sticks into eggs then into bread crumb & cheese mixture
Fresh black pepper, to taste	5. Place breaded zucchini in a single layer & spray with more cooking spray on top
1 cup seasoned whole wheat bread crumbs	6. Bake at 425° for 20-25 minutes or until golden brown
2 tbsp. grated Pecorino Romano cheese	7. Serve with marinara sauce for dipping
¼ tsp. garlic powder	
½ cup marinara sauce for dipping	

Presented by:

