

“Fried” Zucchini Sticks

Ingredients

- 3 large zucchini (about 1 1/2 pounds)
- 1 cup dry breadcrumbs
- 1/2 cup panko (Japanese breadcrumbs)
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup egg substitute
- Cooking spray
- 2 cups marinara sauce or fat-free ranch dressing

Preparation

1. Preheat oven to 400° F.
2. To prepare zucchini, cut 1 zucchini in half crosswise; cut each half lengthwise into 8 wedges. Repeat procedure with remaining zucchini.
3. Combine breadcrumbs, panko, cheese, 1/2 teaspoon salt, and black pepper in a shallow dish. Dip zucchini in egg substitute; dredge in breadcrumb mixture. Place zucchini on a wire rack coated with cooking spray. Lightly coat zucchini with cooking spray.
4. Bake at 400° F for 25 to 35 minutes or until golden brown. Serve immediately with sauce.

Nutrition Information

Calories: 120

Carbohydrates: 15 grams

Protein: 3 grams

Fat: 28 grams

Sodium: 480 mg

Fiber: 2 grams

Calcium: 80 mg

Vitamin A: 18 mcg

Vitamin C: 5 mg