



## BAKED ZUCCHINI STICKS

**PREP TIME:** 10 mins **COOK TIME:** 25 mins **TOTAL TIME:** 35 mins

**YIELD:** 4 **SERVINGS**

*The kids love these healthy Baked Zucchini Sticks! Perfect served with marinara for dipping.*

### KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cup
- Measuring spoons
- Mixing bowl
- Fork

### INGREDIENTS

- cooking spray
- 4 medium, 7 oz each zucchinis, ends trimmed
- 3 large egg whites, beaten
- 1/4 tsp kosher salt
- fresh black pepper, to taste
- 1 cup seasoned whole wheat bread crumbs
- 2 tbsp grated Pecorino Romano or Parmesan cheese
- 1/4 tsp garlic powder
- 1/2 cups marinara sauce for dipping, optional

### Instructions:

1. Preheat the oven to 425°F. Spray 2 large baking sheets with cooking spray and set aside.
2. Cut each zucchini into 16 equal size sticks about 3-inches long and 1/2-inch thick.
3. In a small bowl, beat the egg whites and season with salt and pepper. In a medium shallow bowl, combine the breadcrumbs, Romano cheese, garlic powder and mix well.
4. Dip zucchini sticks into the egg whites then into the bread crumbs, a few at a time and coat well.
5. Place the breaded zucchini sticks in a single layer on the prepared baking sheets and spray with more oil on top. Bake for about 22-25 minutes, or until golden brown. Serve with 1/2 cup marinara sauce for dipping if desired

### Air Fryer Option:

1. Preheat the air fryer 400F. Air fry in a single layer, in batches, 12 to 14 minutes, turning halfway until golden.