

Breaded & Baked Zucchini Sticks



Ingredients:

- 1/2 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 3 tablespoons cornmeal
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 medium zucchini, cut into sticks
- 2 large egg whites, beaten

Directions:

1. Preheat oven to 475 F. Coat a cookie sheet with cooking spray.
2. In a large plastic bag, combine flours, cornmeal, salt, and pepper.
3. Dip zucchini sticks in egg whites and shake in the flour mixture to coat.
4. Arrange zucchini sticks evenly on the baking sheet.
5. Spray a thin coating of cooking spray on each zucchini stick.
6. Bake 10 minutes. Turn zucchini sticks.
7. Bake 8-10 minutes more. Serve hot.

Makes 4 servings.



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