

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Baked Zucchini Sticks

From [www.twopeasandtheirpod.com](http://www.twopeasandtheirpod.com)

3 medium zucchini, sliced into skinny sticks  
2 large egg whites, beaten  
1/2 cup whole wheat bread crumbs (try making your own or using panko)  
2 T grated Parmesan cheese  
1/4 tsp dried basil  
Pinch of dried oregano  
1/4 tsp garlic powder  
Salt and pepper, to taste  
Marinara sauce, optional  
Ketchup, optional

1. Preheat oven to 425°. Line a baking sheet with foil and spray with cooking spray. Set aside.
2. In a small bowl, beat egg whites with a fork until frothy.
3. Put the breadcrumbs, basil, oregano, garlic powder and cheese on a plate-I used a pie tin. Mix well.
4. Dip the zucchini sticks in the egg whites and then into the bread crumb mixture, make sure all sides get coated well. Place the sticks on the prepared baking sheet. I did the sticks one by one.
5. Bake at 425° for 20-25 minutes or until golden brown and a little crispy. I turned over the fries half way through. Serve warm. We like to dip ours in marinara sauce or ketchup.