

Zucchini Sticks

Nonstick cooking spray
2 small zucchini (about 4 ounces each)
 $\frac{3}{4}$ cup seasoned dry bread crumbs
2 tablespoons grated parmesan cheese
2 egg whites
1 teaspoon fat free milk

Makes 5 portions, 5 pieces each

Per portion

Calories: 88
Carbohydrate: 14 grams
Protein: 5 grams
Fat: 2 grams
Saturated fat: 0
Cholesterol: 2 milligrams
Sodium: 319 milligrams
Dietary fiber: 1 gram

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1. Preheat oven to 400°.
 2. Spray baking sheet with cooking spray.
 3. Wash and cut zucchini into strips, about 3 inches long and $\frac{1}{2}$ inch wide.
 4. Combine bread crumbs and parmesan cheese in shallow dish.
 5. Combine egg whites and milk in another shallow dish. Beat with fork until well blended.
 6. Dip each zucchini wedge first into egg mixture.
 7. Roll in crumb mixture to coat.
 8. Place zucchini wedges on prepared baking sheet. Coat wedges with cooking spray.
 9. Bake at 400° for 15 to 18 minutes until golden brown. Turn wedges after baking 8 minutes so that both sides are brown and crispy.
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