

Baked Zucchini Sticks

From – *kitchen-parade-veggieventure.blogspot.com*

1 large zucchini, about 1 pound

PLATE ONE

1/2 cup flour
2 teaspoons kosher salt
1 teaspoon black pepper

PLATE TWO

2 large eggs

PLATE THREE

1-1/2 cups panko

- Preheat oven to 400F.
- Wash the zucchini well, trim off the stem and flower ends. Lengthwise, cut the zucchini into thirds, then cut each piece in half lengthwise. With the cut-side down, cut each piece into four equal-width pieces.
- Build an assembly line with three shallow plates. With a fork, whisk the flour, salt and pepper together in Plate One; whisk the eggs well in Plate Two; pour the panko onto Plate Three. Place a baking sheet on the side.
- One by one, dip each zucchini stick first into Plate One, then into the egg in Plate Two, then into the panko in Plate Three. With each dip, try to cover the entire piece. It's a sticky-messy job, you won't be able to do anything else without washing your hands.
- Arrange zucchini sticks on a baking sheet without crowding and bake for about 25 minutes or until golden.
-



For more recipes visit us at
www.HealthyHarvestFarmCSA.com