

# Sara's Zucchini Sticks

From – Sara Eckert at *Healthy Harvest Farm*

1/8 tsp smoked paprika  
1/4 tsp salt  
1/4 tsp black pepper  
1/4 tsp onion powder  
1/4 tsp dried basil  
1/4 tsp dried oregano  
1 Tbsp nutritional yeast  
1 Tbsp olive oil  
2 medium zucchini

- In a large bowl combine all the dry ingredients and mix well.
- Add olive oil and stir to combine into a paste.
- Cut each zucchini in half. Then cut each section into 6 wedge shaped sticks. To do this cut each section in half lengthwise then in thirds again lengthwise.
- Toss zucchini sticks in large bowl with seasoning mixture until well coated.
- Place in a single layer on a parchment paper lined baking sheet.
- Roast at 375F for 10-15 minutes depending on your desired level of crunchiness.



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