

OVEN FRIED ZUCCHINI STICKS

Yield: 4 servings, 6–8 sticks per serving



TOTAL TIME: 40 minutes

INGREDIENTS

- Canola or olive oil cooking spray
- ½ cup whole-wheat flour
- ½ cup all-purpose flour
- 2 Tbsp. cornmeal
- 1 tsp. salt
- ½ tsp. freshly ground pepper
- 3 medium zucchini
(cut into ½-by-3-inch sticks)
- 2 large egg whites (lightly beaten)

PREPARATION

1. Preheat oven to 475°F. Coat a large baking sheet with cooking spray.
2. Combine flours, cornmeal, salt and pepper in a large sealable plastic bag.
3. Dip zucchini in egg white, shake in the bag to coat, and arrange, not touching, on the baking sheet. Coat all exposed sides with cooking spray.
4. Bake on the center rack for 10 min. Turn the zucchini and coat any floury spots with cooking spray. Continue to bake until golden and just tender, about 8 to 10 min. more. Serve hot.

NUTRITION

Per serving (6–8 sticks): 127 Calories; Fat: 3 g (0 g Saturated fat); Cholesterol: 0 mg; Carbohydrates: 23 g; Protein: 7 g; Fiber: 4 g; Sodium: 427 mg.

APPROXIMATE PRICE: \$6.91 (\$1.73 PER SERVING)

Price estimated comes from www.wegmans.com and does not include common on-hand ingredients such as salt and pepper. Prices may be varied due to regional area and seasonal produce.

Link: www.eatingwell.com/recipes/oven_fried_zucchini.html

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