

Featured RECIPE

Roasted Zucchini Sticks

- 3 medium zucchini (about 3 ½ lbs)
- 1 tbsp olive oil
- ¾ cup whole-wheat bread crumbs.*
- ¼ cup freshly grated Romano or Parmesan cheese

½ tsp garlic powder

* The finer the crumbs, the better they coat. Choose bread with whole wheat listed as a first ingredient.

1. Slice zucchini into sticks (about 1" by 2 ½"). Dry thoroughly with a paper towel; toss in a bowl with oil until well coated.
2. Mix last 3 ingredients in a plastic bag.
3. Add zucchini sticks to bag, a few at a time, and shake to coat.
4. Place zucchini sticks on coated baking sheet and bake 30 minutes at 450°F or until golden brown. Tip: Check mid-way and turn sticks if you prefer, then continue cooking.

MAKES 4 SERVINGS. Per serving:

82 calories • 4g protein • 5.4g fat • 1.6g saturated fat • 5mg cholesterol • 5.7g carbs • 2.7g sugar • 1.8g fiber • 112mg sodium