

Zucchini Sticks with Pizza Girl Marinara dip

Who doesn't love to snack healthy but not sacrifice savory flavor? With these Oven-fried Zucchini sticks you can do just that.

Ingredients:

Coconut oil cooking spray
1/2 cup italian seasoned breadcrumbs
2 tablespoons parmesan cheese, freshly grated
2 tablespoons romano cheese, freshly grated
1/2 teaspoon garlic powder
1/2 teaspoon oregano
1/2 teaspoon basil
1/2 teaspoon parsley
3 medium zucchini
1/4 cup milk – (may replace with almond or coconut milk)
2 eggs
1 cup Pizza Girl Marinara sauce

Instructions

1. Preheat oven to 400 degrees F
2. Spray a cookie sheet with cooking spray
3. Place bread crumbs, cheeses, garlic powder, oregano, basil, parsley in a ziploc bag. Set aside
4. Cut each zucchini lengthwise into 8 pieces; cut each piece n half
5. beat egg and milk in a shallow bowl
6. Dip each piece of zucchini in egg mixture then bread crumb mixture
7. Repeat until all the sticks are coated, place them on the cookie sheet.
8. Bake for 10-15 minutes or until brown and tender
9. Serve with warmed up Pizza Girl marinara and devour!