



# Wonderful Parmesan Zucchini Strips

## Ingredients

- 1/3 cup seasoned bread crumbs
- 1/4 cup grated Parmesan cheese
- 4 small zucchini, quartered lengthwise
- 1 egg, beaten (or egg substitute)

## Instructions

### Step 1: Preheat the Oven

Preheat your oven to 450°F (230°C).

### Step 2: Prepare the Coating

In a small bowl, mix together the seasoned bread crumbs and grated Parmesan cheese.

### Step 3: Coat the Zucchini

Dip each zucchini strip into the beaten egg, then roll in the bread crumb mixture to coat evenly.

### Step 4: Arrange on Baking Sheet

Place the coated zucchini strips on a baking sheet sprayed with non-stick cooking spray, leaving space between each piece.

### Step 5: Bake

Bake for 20–25 minutes, or until the zucchini is golden brown and tender.

### Step 6: Serve

Serve warm with marinara sauce, ranch, or your favorite dip.