

# Savory Zucchini Stix

Nonstick olive oil cooking spray  
3 tablespoons seasoned dry bread crumbs  
2 tablespoons grated Parmesan cheese  
1 egg white  
1 teaspoon reduced-fat (2%) milk  
2 small zucchini (about 4 ounces each), cut lengthwise into quarters  
1/3 cup spaghetti sauce, warmed

## DIETARY EXCHANGES:

2 Vegetable, 1/2 Fat

## NUTRIENTS PER SERVING:

Cal.: 69	Cal. from Fat: 26%
Total Fat: 2 g	Sat. Fat: 1 g
Carb.: 9 g	Protein: 4 g
Chol.: 6 mg	Sodium: 329 mg
Fiber: 1 g	

1. Preheat oven to 400°F. Spray baking sheet with cooking spray; set aside.
2. Combine bread crumbs and Parmesan cheese in shallow dish. Combine egg white and milk in another shallow dish; beat with fork until well blended.
3. Dip each zucchini wedge first into crumb mixture, then into egg white mixture, letting excess drip back into dish. Roll again in crumb mixture to coat.
4. Place zucchini sticks on prepared baking sheet; coat well with cooking spray. Bake 15 to 18 minutes or until golden brown. Serve with spaghetti sauce.

*Makes 4 servings (2 spears per serving)*

Source: Diabetic Cooking Magazine

