

## **Parmesan Crusted Baked Zucchini Sticks with Marinara Sauce**

A healthy snack of baked zucchini sticks with a crispy cheesy coating. Serve with your favorite marinara sauce for dipping.

Servings: makes 4 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

### **Ingredients**

- 1/2 cup panko bread crumbs
- 1/2 cup parmigiano reggiano (parmesan), grated
- 1 teaspoon oregano
- 1 pound zucchini, sliced into sticks and patted dry
- salt and pepper to taste
- 1 egg, lightly beaten

### **Directions**

1. Mix the bread crumbs, parmigiano reggiano and oregano in a bowl.
2. Season the zucchini with salt and pepper.
3. Dip the zucchini in the egg and then dredge in the bread crumb mixture.
4. Place the zucchini on a baking sheet in a single layer with the skin side down.
5. Bake in a preheated 425F oven until golden brown, about 20-25 minutes.

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