

Zucchini Sticks

1 medium zucchini, washed
2 T egg beaters
 $\frac{1}{4}$ cup italian seasoned bread crumbs
1 T parmesan cheese, grated

Preheat oven to 425 degrees.

Line a small baking sheet with parchment paper and spray with non-stick spray (to help them crisp up).

Trim off top of zucchini. Cut zucchini in half crosswise, then quarter each half lengthwise. Add egg beaters to a shallow bowl. Place breadcrumbs and cheese on a plate and combine. Dredge zucchini spears, one at a time by first dipping in egg, then rolling in breadcrumb. Place on prepared baking sheet. Once all spears have been dredged, give them another quick spray of cooking spray.

Bake 12-15 minutes, flipping half way through until softened and golden brown.

Quick Marinara

1 teaspoon extra virgin olive oil
1 teaspoon finely chopped onion
1/4 teaspoon minced garlic
1/4 cup crushed tomatoes
1/4 teaspoon dried basil

In a small microwave bowl combine oil, onion and garlic. Microwave on high for 20 seconds. Stir in tomatoes and basil and microwave for another 30 seconds (be sure to cover bowl!), just to heat through. Stir well and serve.