

## Oven-Fried Zucchini Sticks

[http://www.eatingwell.com/recipes/oven\\_fried\\_zucchini.html](http://www.eatingwell.com/recipes/oven_fried_zucchini.html)

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Our oven-baked zucchini sticks taste every bit as good as their deep-fried brethren with only a fraction of the fat and calories. Serve with a side of your favorite marinara sauce for dipping.

**4 servings** | **Active Time:** 20 minutes | **Total Time:** 40 minutes

### Ingredients

- Canola or olive oil cooking spray
- 1/2 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 2 tablespoons cornmeal
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 1/2 pounds zucchini, (about 3 medium), cut into 1/2-by-3-inch sticks
- 2 large egg whites, lightly beaten

### Preparation

1. Preheat oven to 475°F. Coat a large baking sheet with cooking spray.
2. Combine flours, cornmeal, salt and pepper in a large sealable plastic bag. Dip zucchini in egg white, shake in the bag to coat, and arrange, not touching, on the baking sheet. Coat all exposed sides with cooking spray.
3. Bake on the center rack for 10 minutes. Turn the zucchini and coat any floury spots with cooking spray. Continue to bake until golden and just tender, about 8 to 10 minutes more. Serve hot.

### Nutrition

**Per serving** : 127 Calories; 2 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 23 g Carbohydrates; 7 g Protein; 4 g Fiber; 427 mg Sodium; 524 mg Potassium

1 1/2 Carbohydrate Serving

**Exchanges:** 1 starch, 1 1/2 vegetable