



early childhood community development centre

Zucchini Sticks

Ingredients - makes about 60 sticks

- ¾ cup bread crumbs
- ¼ cup grated parmesan cheese
- ½ tsp garlic powder
- ½ tsp dried sage
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 2 eggs
- 3 medium sized zucchini, cut into 3 – by ½ inch (8 by 1 cm) sticks
- ¼ cup vegetable oil

Directions

1. Preheat oven: 400° F (200° C)
2. In a bowl combine bread crumbs, Parmesan cheese, garlic powder, sage, salt and pepper, mix well
3. In another bowl, beat eggs lightly
4. Dip zucchini sticks in eggs, then in the bread crumb mixture, transfer to prepared baking sheet.
5. Drizzle sticks with oil and bake for 20 minutes or until lightly browned, turning sticks over once halfway through baking time.

Source: Better Food for Kids: Your essential guide to nutrition for all children from age 2 to 6

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