

# Baked Parmesan Zucchini Sticks

*A delicious way to use up all that fresh zucchini at this time of year! Quick and absolutely amazing!*

*\*adapted from [damndelicious.net](http://damndelicious.net)*

## **INGREDIENTS:**

- 4 Zucchini, quartered lengthwise
- ½ cup grated Parmesan Cheese
- ½ tsp Dried Thyme
- ½ tsp Dried Oregano
- ½ tsp Dried Basil
- ¼ tsp Garlic Powder
- Kosher Salt and Fresh Ground Pepper to taste
- 2 tablespoons Olive Oil  
(we use *Prairie Oils Extra Virgin*)
- 2 tablespoons Fresh Chopped Parsley Leaves



## **DIRECTIONS:**

1. Preheat oven to 350 degrees F
2. Coat a cooling rack with cooking spray and place directly on your baking sheet; set aside.
3. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt & pepper.
4. Place zucchini onto the prepared baking sheet (cut side up). Drizzle with Olive Oil and sprinkle with Parmesan Cheese / Spice mixture.
5. Place into the oven and bake for 15-20 minutes, until tender. Then, broil for 2-3 minutes, or until crisp and golden brown.
6. Serve immediately, garnished with parsley, if desired.

Enjoy!!

**UNGERMEATS**

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SINCE 1903