

BAKED ZUCCHINI STICKS

2 zucchini cut into sticks
½ cup whole wheat flour
½ cup white flour (you can use all whole wheat flour)
1 tsp. salt
½ tsp. pepper, fresh ground
2 tsp. cornmeal
Mix flours together with spices with a whip.

2 egg white beaten
1 Tbsp. hot water
Mix together.

Pre-heat your oven to 475 degrees F. Prepare a baking sheet lined with parchment or silpat liner and spray with Vegalene

Place flour in a zip lock bag. Dip zucchini in egg mixture and then place in flour bag and shake. Do only 4 or 5 sticks at one time. Spread sticks on prepared baking sheet. Spray with Vegalene cooking spray lightly and place in the pre-heated oven for 10 min. Turn the stick over and re-spray with the Vegalene and bake another 10 min.

Serve with homemade ranch or blue cheese dips.



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