

# Baked Zucchini Sticks

I guarantee even picky eaters will love these! Serve them as an appetizer or as a side dish. They are healthy and low in points and guiltlessly delicious! My daughter loves, loves, loves these. It's her favorite way to eat zucchini and her only complaint is that I don't make enough.

## Baked Zucchini Sticks

Gina's Weight Watcher Recipes

Servings: 3 • Size: 1 zucchini (sauce extra) • **Old Points:** 1.5 pts • **Points+:** 3 pts

**Calories:** 121.9 • **Fat:** 2.4 • **Carbs:** 21.0 g • **Fiber:** 6.0 • **Protein:** 6.7 g

### Ingredients:

- 3 medium zucchini sliced into 3" x 1/2" sticks
- 1 large egg white
- 1/3 cup seasoned whole wheat bread crumbs
- 2 tbsp grated Pecorino Romano cheese
- cooking spray
- 1/4 tsp garlic powder
- salt
- fresh pepper

### Directions

In a small bowl, beat egg whites and season with salt and pepper. In a ziplock bag, place breadcrumbs, garlic powder and cheese and shake well. Spray cookie sheet with cooking spray and set aside.

Dip zucchini sticks into eggs then into bread crumb and cheese mixture, a few at a time and shake to coat. Place the breaded zucchini in a single layer and spray more cooking spray on top. Bake at 425° for about 20-25 minutes, or until golden brown. Serve with 1/2 cup marinara sauce for dipping.

### Quick Marinara Sauce

Gina's Weight Watcher Recipes

Servings: 6 • Serving Size: 1/2 cup • **Old Points:** 1 pt • **Points+:** 1 pt

**Calories:** 51.5 • **Fat:** 0.8 • **Carbs:** 9.0 g • **Fiber:** 1.1 • **Protein:** 0.1 g

- 1 tsp olive oil
- 2 cloves garlic, smashed

- 28 oz cans crushed tomatoes (I like Tuttorosso)
- 1 small bay leaf
- 1 tsp oregano
- 2 tbsp chopped fresh basil
- salt and fresh pepper to taste

Directions:

Preheat oven to 425°.

In a medium pot, heat olive oil over medium heat. Add garlic and saute until golden, being careful not to burn. Add crushed tomatoes, salt, pepper, oregano, basil and bay leaf. Stir and reduce heat to low. Cover and let simmer about 20 minutes.