

# BAKED PARMESAN ZUCCHINI

**YIELD: 4 SERVINGS**

**PREP TIME: 10 MINUTES**

**COOK TIME: 20 MINUTES**

**TOTAL TIME: 30 MINUTES**

*Crisp, tender zucchini sticks oven-roasted to perfection. It's healthy, nutritious and completely addictive!*

## INGREDIENTS:

- 4 zucchini, quartered lengthwise
- 1/2 cup freshly grated Parmesan
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic powder
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh parsley leaves

## DIRECTIONS:

1. Preheat oven to 180C. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
2. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste.
3. Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes, or until crisp and golden brown.
4. Serve immediately, garnished with parsley, if desired.

