



Spicy Baked Zucchini Sticks

PREP TIME

10 min

TOTAL TIME

25 min

Nutrition Information Per Serving

Makes 4 servings

FAT

8g

PROTEIN

3g

CARBS

8g

CALORIES

104

Ingredients

5 small zucchini

½ tsp turmeric

½ tsp cumin

½ tsp paprika

1 small cayenne pepper

2 Tbsp olive oil

Instructions

1. Preheat oven to 350 degrees. Line a baking (cookie) sheet with parchment paper. Set aside.
2. Cut the zucchini in half down the center. Cut again into 4-6 wedges to create sticks.
3. Toss the zucchini wedges with the oil and spices until evenly coated. Place on a single layer on the prepared baking sheet.
4. Bake for about 15 minutes or until golden and crispy.

Pro Tip:

For extra flavor, grate some parmesan over the sticks before putting them in the oven.