

## *Parmesan Zucchini Sticks*

*Stacy Lundy*

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|---------------------------------------|-----------------------|
| 3 large zucchini                      | ¼ cup Parmesan cheese |
| 1 cup dry breadcrumbs                 | ½ tsp. salt           |
| ½ cup panko (Japanese<br>breadcrumbs) | ½ tsp. pepper         |
|                                       | ½ cup egg substitute  |

Cut zucchini in half crosswise. Cut each half lengthwise into 8 wedges. Combine breadcrumbs, panko, cheese, salt and pepper in dish. Dip zucchini in egg and dredge in breadcrumbs. Place on cookie sheet coated with Pam. Bake at 400° for 25 minutes.

## *Favorite Mixed Roasted Vegetables*

*Natalie Horany*

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| 1 cup sweet onion, cut into<br>chunks                      | ¼ tsp. ground black pepper  |
| 2 Tbsp. olive oil  | 4 cups assorted vegetables, cut<br>into approximately 1 ¼-inch<br>chunks (1 each sweet<br>potato, red pepper, green<br>pepper, zucchini, small<br>yellow squash, asparagus,<br>and mushrooms) |
| 1 Tbsp. maple syrup ( or may<br>use either honey or sugar) |   |
| ⅛ tsp. cayenne pepper                                      |   |
| ½ tsp. coarse salt   |   |

Preheat oven to 425°. Line a large shallow baking sheet with foil and grease with oil or cooking spray. In a large mixing bowl, combine all ingredients together, except vegetables. Toss in vegetables until coated.

Spread the vegetables (densely packed) on the prepared baking sheet. Roast, tossing occasionally, until the vegetables are lightly caramelized, about 25 minutes.