

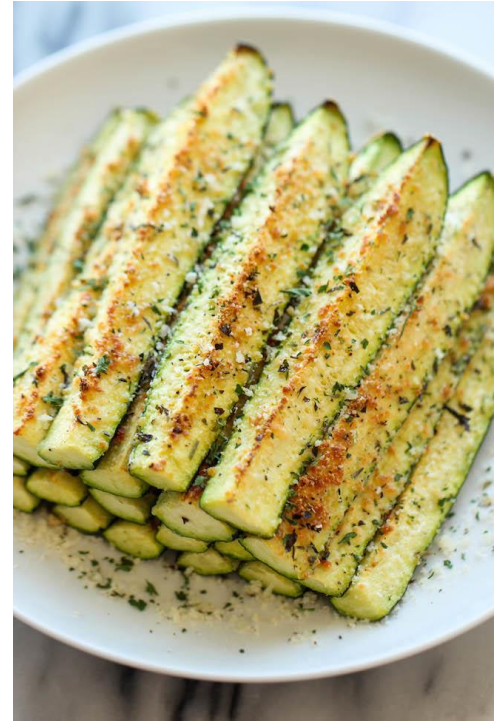
Zucchini Sticks

Nutrition Facts:	
Yield	1
Calories	350
Fat	3 g
Sodium	350 mg

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Ingredients Needed:

2 medium zucchini, cut into quarters
½ medium tomato, chopped
¼ cup low-fat mozzarella cheese
4 tsp. fresh chopped herbs; basil, rosemary, oregano, parsley
1 Tbsp. parmesan cheese
Pinch salt and pepper



Recipe Directions:

- Preheat oven to 375 degrees.
- Bake zucchini for 20-25 minutes.
- Remove the inner flesh (seed portion) of the zucchini and place outer shell on baking sheet.
- Sprinkle salt and pepper on zucchini shell, fill with tomatoes, sprinkle with cheese blend; top with herb mix.
- Bake at 400 degrees for 15-20 minutes or until cheese is browned.