

# Toasted Zucchini Sticks

Serves 4-5

- 1 medium, zucchini, cut into ¾ inch slices
- 1 large egg
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup instant mashed potato flakes
- Cooking spray

1. Preheat oven to 450° F.
2. Spray shallow baking dish with cooking spray.
3. Combine egg, salt and pepper in a small bowl.
4. Dip zucchini in egg mixture, then dip into potato flakes to coat.
5. Place coated zucchini into coated dish.
6. Bake 20 minutes, or until tender, turning after 10 minutes.

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Nutrition Facts	
Serving Size (77g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 70</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 620mg</b>	<b>26%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 3g</b>	
Vitamin A 4%	• Vitamin C 30%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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