



CHEESY ZUCCHINI BREADSTICKS

October 27

National Breadstick Day



INGREDIENTS

- 6 Cups Grated Zucchini
- 2 Ounces Mozzarella Cheese
- 2 Ounces Parmesan Cheese
- 1 Egg
- 1 Teaspoon Garlic Parsley Salt

DIRECTIONS

1. Squeeze all of the juices you can out of the grated zucchini.
2. In a bowl, combine zucchini, mozzarella and parmesan cheese, egg and garlic salt.
3. On a baking pan with an edge, spread out the zucchini mixture. Bake at 425° for 15 minutes.
4. Slice into 8 sticks and serve while still warm.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Snack

YIELD

8 Sticks

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Stick	1 Stick	1½ Sticks	1 Stick