

# Quick and Easy Baked Zucchini

PREP TIME: 3 MIN | COOK TIME: 12 MIN | SERVINGS: 3

## INGREDIENTS:

- 3 medium zucchinis
- 1.5 Tbsp oil, separated
- 1/2 tsp salt
- 1/4 tsp pepper
- 1.5 Tbsp breadcrumbs
- 1.5 Tbsp parmesan

## RECIPE NOTES:

- Sub gluten-free breadcrumbs.
- Sub nutritional yeast in place of parmesan (just wait to sprinkle it on until after the zucchini is finished cooking).
- If zucchinis are extra large, cut into 6 strips instead of 4 (cut in half lengthwise, then cut each half into 3 long strips).

## DIRECTIONS:

- Preheat oven to 450 F.
- Cut off both ends of the zucchini and cut in half lengthwise. Cut each half in half again, lengthwise, to make 4 long strips.
- Pile zucchini onto a large tray. Drizzle 1 Tbsp oil over top, sprinkle with salt and pepper, and toss to fully coat.
- Adjust zucchini strips so the green skin sides are facing down. Sprinkle breadcrumbs and parmesan over top. Drizzle 1/2 Tbsp oil over top.
- Bake for 12 minutes until the parmesan is golden and the zucchini is soft.
- Serve immediately and enjoy.

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