

Zucchini Garlic Sticks



Makes 16 sticks, 15 cal's per stick

- 4 whole Zucchini
- 3 clove Garlic
- ¼ tsp dried basil
- ¼ tsp dried oregano
- 3 Tbsp. Parmesan Cheese
- 1 Tbsp. Extra Virgin Olive Oil

Chop the garlic and sauté in olive oil with basil and oregano.

Mix the sautéed garlic with 2 tbsp. of the parmesan. Blend if desired.

Pre-heat oven to 200

Slice the zucchini in half lengthwise, then width wise

On a parchment lined baking tray line up the zucchini, coat with garlic mix and sprinkle remainder of parmesan over it.

Bake for 15-20 minutes until cheese is crispy. Serve with garlic (Tzadziki) dip or marinara sauce.