

# Baked Parmesan Zucchini

Prep Time 10 minutes  
Cook Time 20 minutes  
Total Time 30 minutes

Yield 4 servings



*Crisp, tender zucchini sticks oven-roasted to absolute perfection. It's healthy, nutritious and completely addictive!*

## Ingredients

- 4 zucchini, quartered lengthwise
- 1/2 cup grated Parmesan
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic powder
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 2 tablespoon chopped fresh parsley leaves

## Instructions

- Preheat oven to 350 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
- In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste.
- Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes, or until the crisp and golden brown.