

Parmesan Zucchini Fries



4 zucchinis
1/2 cup grated parmesan cheese
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano

1/2 teaspoon dried basil
1/4 teaspoon garlic powder
2 Tablespoons olive oil

Instructions: **Child and Adult:** Wash hands with soap and warm water. **Adult:** Preheat oven to 350°F. Spray a baking sheet with nonstick spray and set aside. **Child:** Measure parmesan cheese and spices and stir in a small bowl. Wash zucchini under running water. **Adult:** Trim ends of zucchini and cut into 4 pieces each, lengthwise. **Child:** Place zucchini strips onto the greased baking sheet in a single layer. Drizzle with olive oil and then sprinkle the parmesan mixture over the zucchini. **Adult:** Place in oven and bake for 15 minutes or until tender. Broil for 2-3 more minutes, or until the fries are crispy and golden brown. Serve immediately.

*NOTE: all steps designated as “child” require adult supervision and may not be fully appropriate for the child depending on age and skill level.

Yield: 4 servings

Nutrition Facts (per serving): 140 calories, 10 grams fat, 200 milligrams sodium, 8 grams carbohydrate, 2 grams fiber, 5 grams protein