

## Extension Tip of the Week

Whether you garden or shop for fresh foods at the Farmer's Market, many vegetables are at their peak right now. Here's a recipe that lets you enjoy the bounty of the season. It works great for zucchini, eggplant, sweet potatoes or white potatoes.

½ cup seasoned bread crumbs  
2 tablespoons grated parmesan cheese  
¼ teaspoon garlic powder or other seasoning  
2-3 medium zucchini or other vegetables cut in sticks  
½ cup milk or water  
1 cup spaghetti sauce or low-fat ranch dressing

- 1) Preheat oven to 450<sup>°</sup> F. Spray baking sheet with nonstick spray.
- 2) Place crumbs, cheese and seasoning in a plastic bag; shake to combine.
- 3) Cut vegetables in to sticks.
- 4) Fill shallow bowl with milk. Dip vegetable pieces into milk and then into the crumbs to coat. Place coated vegetables onto baking sheet.
- 5) Bake for 10 to 15 minutes or until brown and tender. Serve with spaghetti sauce or dressing.

*Source: Jan Temple, Extension Nutrition Field Specialist*