

Getting More from Your Vegetable Garden

Tip of the Week

August 31, 2009

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° 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