

Getting More from Your Vegetable Garden

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