

Baked Breaded Zucchini Sticks with Greek Yogurt Dip

Makes 25-30 sticks and 1 cup dip



If you're looking for a light, healthy appetizer or snack that is full of great flavor, you'll want to try these baked zucchini sticks. Coated in panko bread crumbs, paprika, salt, and garlic powder, then baked for approximately 25-27 minutes - until crisp and golden - these are quick and easy to make. Be sure to enjoy them with our delicious Greek

yogurt dip - a fresh, cool dip that perfectly complements these when

they're nice and warm out of the oven. Try them out and then share the recipe with friends and family on Facebook, Pinterest, Instagram, and Twitter.

Ingredients

Zucchini Sticks:

1½ pounds zucchini, about 2 medium-small
½ cup All-Purpose Flour
¾ teaspoon salt, divided
4 egg whites
2⅓ cup dry panko bread crumbs
2 teaspoon paprika
¼ teaspoon garlic powder
2 tablespoons plus 2 teaspoons canola oil or avocado oil

Greek Yogurt Dip:

¾ cup Cabot [Plain Greek Yogurt](#)
2 tablespoons extra-virgin olive oil
4 teaspoons lemon juice
1 tablespoon chopped fresh basil or dill
¼ teaspoon pepper
1 small clove garlic
¼ teaspoon salt

Directions

PREHEAT oven to 400° F. Coat a baking sheet with cooking spray.

CUT zucchini into batons about 3 to 4 inches long by ½-inch square.

PLACE flour in a pie plate or shallow baking dish, add ¼ teaspoon salt and stir to combine.

BEAT egg white in a pie plate or shallow baking dish until very foamy.

MIX bread crumbs with paprika, ½ teaspoon salt and garlic powder in a pie plate or shallow baking dish. Drizzle canola oil over and mix with a fork until completely moistened.

DIP zucchini sticks in flour. Shake off excess, then dip into egg white and shake of excess. Then dip them into breadcrumb mixture and arrange on baking sheet, so they don't touch. Discard excess breading. Bake, turning once with a spatula or tongs, until the breadcrumb coating is crispy and golden, 25 to 27 minutes.

WHISK yogurt, olive oil, lemon juice, herbs and pepper in small bowl. Mince garlic and then mash with $\frac{1}{4}$ teaspoon salt. Add to the yogurt mixture and whisk to combine.

SERVE the zucchini sticks hot with the dip.