



**Many Hands Organic Farm and
Sustainability Center**
Julie Rawson and Jack Kittredge
411 Sheldon Road
Barre, MA 01005
(978) 355-2853 - Home
(978) 257-1192 - Cell
Farm@mhof.net

Oven Fried Zucchini Spears

From Nina Marcinowski

Ingredients:

- 2 medium zucchini or yellow squash not peeled
- 3 tablespoons bread crumbs
- 1 tablespoon Parmesan
- ½ teaspoon basil, dry
- 1 teaspoon oregano, dry
- ¼ teaspoon garlic powder
- ⅛ teaspoon pepper
- ½ teaspoon salt
- 2 teaspoon oil

Directions:

1. Heat oven to 475°. Oil a baking sheet. Wash squash and pat dry. Cut into ⅛th's lengthwise, then ½ crosswise.
2. On a sheet of wax paper, toss remaining ingredients (but not the oil).
3. Whisk oil and 2 T. water in small bowl. Moisten squash in this and roll in crumbs, covering all sides.
4. Bake in one layer for 7 minutes, turn over and bake 3 more minutes or until brown. Serve with hot marinara sauce, if desired.