



# Gluten Free Baked Zucchini Sticks

Prep Time  25 min

Start to Finish  45 min

Servings  6

## Ingredients

- 1 1/2 cups Original Cheerios™ cereal
- 1/3 cup grated Parmesan Cheese
- 1/2 teaspoon gluten-free Italian seasoning
- 1/8 teaspoon salt
- Dash Pepper
- 1/4 cup butter, melted
- 4 teaspoons milk
- 3 medium zucchini, cut into 3 x 1/2 inch strips

## Directions

1. Heat oven to 400 °F. Line cookie sheet with parchment paper or foil. Finely crush cereal. (To easily crush cereal, place in plastic bag or between sheets of wax paper, and crush with rolling pin.)
2. In medium bowl, stir together crushed cereal, cheese, Italian seasoning, salt and pepper. In small bowl, stir together melted butter and milk. Dip zucchini into butter mixture, then roll in cereal mixture to coat evenly. Place on cookie sheet.
3. Bake 9 minutes; turn zucchini over. Bake about 8 minutes longer or until coating is light golden brown.



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