

## A Little Light: Daily Musings with Mary Sue



### Welcome to June 23!

As I have shared, my husband Tim is quite the gardener. So, you might expect, our garden is loaded with Zucchini right now. Like most of you, we have definitely tried and enjoyed (some more than others) a variety of zucchini recipes throughout the summers. However, never one more than **parmesan zucchini sticks**. Kids and adults alike enjoy these. We make “zucchini sticks” for an appetizer or with a meal and include marinara sauce for dipping. If you have a favorite zucchini recipe, make sure to pass it along!

### INGREDIENTS:

- 4 zucchini, quartered lengthwise
- 1/2 cup freshly grated Parmesan
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/4 teaspoon garlic powder
- salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 2 tablespoon chopped fresh basil leaves

## DIRECTIONS:

- Preheat oven to 350 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside. (I use the broiler pan-something that allows the air to flow under)
- In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste.
- Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes, or until crisp and golden brown.
- Serve immediately, garnish with more basil.
- If you have an air fryer, these work beautifully and no need to broil afterwards for the crunch.