

Baked Zucchini Bites

This recipe is a great way to add more vegetables at mealtime. Enjoy as a side dish or reheat for a healthy afternoon snack.



This recipe also works well with broccoli, cauliflower and sweet potatoes.

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Shred zucchini. Remove excess moisture with a clean towel.



Mix zucchini, breadcrumbs, cheese, eggs and seasoning.



Scoop zucchini mixture. Shape into bite-sized pieces. Bake.



Baked Zucchini Bites

Preparation time: 15 minutes | **Cook time:** 30 minutes | **Cost:** \$2.25

Ingredients:

- 2 cups **zucchini**, shredded
- ½ cup **plain breadcrumbs**
- ¼ cup **parmesan cheese**
- 2 **eggs**
- 1 tablespoon **Italian herbs** or **oregano**
- ⅛ teaspoon **salt**
- 1 tablespoon **oil** or **non-stick cooking spray**

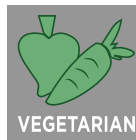
Directions:

1. Preheat oven to 400°.
2. Use a cheese grater to shred the zucchini.
3. Squeeze shredded zucchini with a clean paper or kitchen towel to remove excess moisture.
4. Add zucchini, breadcrumbs, cheese, eggs and seasoning to a mixing bowl. Stir to mix.
5. Grease a baking sheet with 1 tablespoon oil or spray baking sheet with non-stick cooking spray.
6. Use a tablespoon to scoop zucchini mixture. With clean hands shape into bite-sized pieces.
7. Place shaped zucchini bites on the oiled baking sheet. Bake for 25-30 minutes. Flip zucchini bites once while they are cooking, so they brown on both sides.

Nutrition Facts

4 servings per container	
Serving size	4 bites
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 300mg	13%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 91mg	8%
Iron 1mg	6%
Potassium 229mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Makes 4 servings