

Roasted Parmesan Zucchini Sticks

Servings:	6.00	Category:	Vegetable
Serving Size:	6.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53980

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ZUCCHINI	1 1/2 Pound		100019
CHEESE PARM GRTD	1/4 Cup		445401
SEASONING PIZZA ITAL MIX	1 Tablespoon		413461
OIL BLND SOY/POM OLV 90/10	2 Tablespoon		524948

Preparation Instructions

Pre Heat oven to 425F

Wash and cut both ends off zucchini, cut into 4 wedges then cut those in half

One zucchini should give you 8 pc.

Toss in oil, parmesan and Italian seasoning.

spray sheet pan with non stick spray

Spread in single layer

Roast for 20-25 minutes

6 sticks a serving.

Updated 7.28.25 JSH

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 6.00 Piece

Amount Per Serving	
Calories	81.30
Fat	6.61g
Saturated Fat	1.82g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	159.02mg
Carbohydrates	3.22g
Fiber	1.34g
Total Sugar	2.97g
Added Sugar	0.00g
Protein	3.49g
Vitamin A 1492.87mcg RAE	Vitamin C 17.24mg
Calcium 72.06mg	Iron 0.64mg

Nutrition - Per 100g

Calories	68.67
Fat	5.58g
Saturated Fat	1.53g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	134.31mg
Carbohydrates	2.72g
Fiber	1.13g
Total Sugar	2.51g
Added Sugar	0.00g
Protein	2.94g
Vitamin A 1260.87mcg RAE	Vitamin C 14.56mg
Calcium 60.87mg	Iron 0.54mg