



# Baked Parmesan Zucchini Sticks

with Yogurt Herb Dipping Sauce

Jean Trebek's Reliable Recipes  
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Hail to the tried and true zucchini...it definitely is one of my favorite summertime vegetables! Not only for it's nutritional benefits but also because it is actually easy to grow in my garden and it's such a versatile vegetable to incorporate in countless dishes.

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## **Baked Parmesan Zucchini Sticks**

### **Ingredients**

4 zucchini (small in size), ends cut off and quartered lengthwise

3/4 cup freshly grated Parmesan cheese

3/4 teaspoon dried oregano

3/4 teaspoon dried thyme

3/4 teaspoon dried basil

1/2 teaspoon garlic powder

Salt and freshly ground black pepper, to taste

3 tablespoons olive oil

2 rounded tablespoons chopped fresh parsley leaves

## **Directions:**

Preheat oven to 350 degrees F.

Coat a cooling rack with nonstick spray, such as Pam, and place on top of a baking sheet, set aside.

In a small bowl, mix together the 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 2-4 minutes, or until golden on top... keep a close eye on the zucchini while they are broiling as the veggies crisp up quite rapidly.

## **Yogurt Herb Dipping Sauce**

### **Ingredients**

1 cup Greek yogurt or sour cream

2 tbsp fresh dill, chopped

2 tbsp fresh chives, chopped

4 tbsp lemon juice

1 tsp garlic powder

salt and pepper to taste

Mix together yogurt (or sour cream) dill, chives, lemon juice, garlic powder, salt and freshly ground black pepper (if you have it).

Set aside baked zucchini strips in separate little dishes for individual dipping.

Sprinkle a little chopped parsley on top for a lovely presentation.

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