



# Spicy Baked Zucchini Sticks

## PREP TIME

10 min

## TOTAL TIME

25 min

## Nutrition Information Per Serving

Makes 4 servings

### FAT

8g

### PROTEIN

3g

### CARBS

8g

### CALORIES

104

## Ingredients

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5 small zucchini

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½ tsp turmeric

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½ tsp cumin

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½ tsp paprika

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1 small cayenne pepper

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2 Tbsp olive oil

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## Instructions

1. Preheat oven to 350 degrees. Line a baking (cookie) sheet with parchment paper. Set aside.
2. Cut the zucchini in half down the center. Cut again into 4-6 wedges to create sticks.
3. Toss the zucchini wedges with the oil and spices until evenly coated. Place on a single layer on the prepared baking sheet.
4. Bake for about 15 minutes or until golden and crispy.

**Pro Tip:**

For extra flavor, grate some parmesan over the sticks before putting them in the oven.