Zucchini Sticks

3 medium zucchini, unpeeled, cut into 3"-long stick

1 tablespoon salt

1 cup Panko bread crumbs

scant 1/2 cup freshly grated Parmesan cheese

1 tablespoon Pizza Seasoning or mixed Italian herbs

olive oil spray

1/2 cup egg substitute; or 2 large eggs; or 3 egg whites, lightly beaten

Place the zucchini sticks in a colander over a bowl and sprinkle with the tablespoon of salt. Let the zucchini drain for 1 hour or longer; rinse and pat dry.

Combine the Panko, Parmesan, and pizza seasoning; set aside.

Preheat the oven to 425°F. Line a baking sheet with parchment, and spray the parchment with olive oil.

Dredge sticks a few at a time in the egg, then roll in the crumb mixture. Place the sticks on the prepared baking sheet.

Bake sticks for 12 minutes, turn over, and bake for an additional 8 minutes, until golden brown and crisp.

Yield: about 3 dozen zucchini sticks