

# Baked Parmesan Zucchini Wedges

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flat baking tray  
measuring spoons  
small wide mouthed bowl  
metal whisk or fork for beating  
large wide mouthed bowl  
fine grater  
mixing spoon  
chopping board and knife

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1. **Preheat** oven to 175°C (350°F).

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2. **Grease** the baking tray with **1 TBS extra virgin oil of choice**

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3. In the small bowl, **beat** **1 egg**

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4. Into the large bowl, **mix together**  
**½ cup almond meal**  
**½ cup finely grated parmesan cheese**  
**½ tsp dried oregano**  
**½ tsp paprika**  
**½ tsp Himalayan or sea salt**  
**⅛ tsp ground black pepper**

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5. Using the knife, **quarter** lengthways **4 medium zucchini**

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6. **Coat** the zucchini wedges with the egg and then the parmesan crumbs, before **placing** on the baking tray skin side down.

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7. **Bake** on the top oven rack for 15 minutes or until the zucchini is cooked yet still firm.

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8. **Turn on** the top grill or broiler function of the oven and **cook** another 5 minutes or until browned to your liking.

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