

# Oven Fried Veggies

6Prep Time: 25 Minutes | Makes: 5 servings

## Ingredients

- 1 cup finely crushed cheese-flavored snack crackers
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon garlic powder
- 2 egg whites
- 1 tablespoon water
- 3 cups cut-up vegetables of your choice (1/4-inch-thick zucchini slices, 1-inch cauliflower pieces and/or 1-inch broccoli pieces)
- 1 cup marinara sauce



## Directions

- Preheat oven to 400°
- Lightly coat cookie sheet with nonstick cooking spray or line with nonstick foil. Set aside.
- On piece of wax paper, combine crushed crackers, Parmesan cheese and garlic powder.
- In small bowl, use fork to mix egg whites and water together until completely combined.
- Dip vegetables, a few pieces at a time, into egg white mixture, coating the vegetables on all sides. Roll in crumb mixture, gently pressing crumbs onto vegetables. Place about 1-inch apart on prepared cookie sheet.
- Bake, uncovered, for 8 to 12 minutes or until coating is just beginning to brown.
- Meanwhile, place marinara sauce in small microwave-safe bowl.
- Microwave sauce on high for 30 seconds to 1 minute or until hot, stirring once. Use as a dipping sauce to serve with hot vegetables.

