



Zucchini Sticks With Red Sauce

USDA Recipe for Schools

Sliced zucchini is coated with a bread-crumb mixture, baked, and served with a tomato-based dipping sauce.

NSLP/SBP CREDITING INFORMATION

$\frac{3}{8}$ cup zucchini sticks (a rounded 3 fl oz spoodle/about 2–3 zucchini sticks) and 2 Tbsp tomato sauce provides $\frac{1}{8}$ cup red/orange vegetable and $\frac{3}{8}$ cup other vegetable.

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|-------------------------|-------------|--|--------------|--|--|
| | Weight | Measure | Weight | Measure | |
| *Zucchini, fresh | 8 lb 12 oz | 1 gal 2 qt 1 cup | 17 lb 8 oz | 3 gal 2 cups | 1 Cut zucchini into $\frac{1}{2}$ " x 3" sticks. Recommend to cook in batches. |
| Egg whites | 2 lb 8 oz | 1 qt 1 cup | 5 lb | 2 qt 2 cups | |
| Panko bread crumbs | 1 lb 14 oz | 1 qt 3 $\frac{1}{2}$ cups | 3 lb 12 oz | 3 qt 3 cups | 3 Combine bread crumbs and parmesan cheese in a large bowl. Stir well. Set aside for step 4. |
| Parmesan cheese, grated | 1 lb | 1 qt 1 $\frac{1}{2}$ cups 2 Tbsp 2 tsp | 2 lb | 2 qt 3 $\frac{1}{4}$ cups 1 Tbsp 1 tsp | |
| | | | | | 4 Coat zucchini sticks with bread crumb and parmesan mixture. 5 Place 1 qt 2 $\frac{1}{4}$ cups (about 2 lb 6 oz) zucchini sticks on each sheet pan (18" x 26" x 1") lightly coated with pan-release spray and lined with parchment paper. For 50 servings, use 4 pans. For 100 servings, use 8 pans. |
| | | | | | |



| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|--|-------------|---|--------------|--|--|
| | Weight | Measure | Weight | Measure | |
| | | | | | 6 Bake: Conventional oven: 400 °F for 35 minutes. Convection oven: 375 °F for 35 minutes. |
| | | | | | 7 Critical Control Point: Heat to 155 °F or higher for at least 15 seconds |
| | | | | | 8 Remove from oven. Set aside for step 14. |
| Canola oil | | 1 Tbsp | | 2 Tbsp | 9 Heat oil in a large stock pot. |
| *Onions, fresh, diced | 4 oz | 2/3 cup 1 Tbsp 2 1/2 tsp | 8 oz | 1 1/3 cups 3 Tbsp 2 tsp | 10 Add onions, tomato paste, diced tomatoes, water, spices, vegetable base, and salt. Simmer uncovered over medium heat for 5 minutes. Set aside for step 12. |
| Tomato paste, canned, low-sodium | 10 oz | 1 cup 1 Tbsp 1 tsp (approx. 1/8 No. 10 can) | 1 lb 4 oz | 2 cups 2 Tbsp 2 tsp (approx. 1/4 No. 10 can) | |
| Tomatoes, diced, canned, low-sodium, undrained | 1 lb 10 oz | 3 cups 2 Tbsp (approx. 1/4 No. 10 can) | 3 lb 4 oz | 1 qt 2 1/4 cups (approx. 1/2 No. 10 can) | 11 Place 25 individual soufflé cups on a sheet pan (18" x 26" x 1"). For 50 servings, use 4 pans. For 100 servings, use 8 pans. |
| Water | | 1/2 cup | | 1 cup | |
| Black pepper, ground | | 1/4 tsp | | 1/2 tsp | |
| Parsely, dried | | 2 Tbsp | | 1/4 cup | |
| Garlic powder | | 1 Tbsp | | 2 Tbsp | |
| Basil, dried | | 1/4 tsp | | 1/2 tsp | |
| Oregano, dried | | 1/4 tsp | | 1/2 tsp | |
| Thyme, dried | | 1/8 tsp | | 1/4 tsp | |
| Vegetable base | | 2 tsp | | 1 Tbsp 1 tsp | |
| Salt | | 1 tsp | | 2 tsp | |
| | | | | | 12 Using a 1 fl oz ladle, portion 2 Tbsp tomato sauce into each soufflé cup. |
| | | | | | 13 Critical Control Point: Hold for hot service at 155 °F or higher. |
| | | | | | 14 Portion 3/8 cup zucchini sticks (a rounded 3 fl oz spoodle or about 2–3 zucchini sticks) and 1 soufflé cup. |



NUTRITION INFORMATION

For 2–3 zucchini sticks and 2 Tbsp tomato sauce.

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 127 |
| <hr/> | |
| Total Fat | 3 g |
| Saturated Fat | 1 g |
| Cholesterol | 8 mg |
| Sodium | 284 mg |
| Total Carbohydrate | 19 g |
| Dietary Fiber | 2 g |
| Total Sugars | 4 g |
| Added Sugars included | N/A |
| Protein | 7 g |
| <hr/> | |
| Vitamin D | 1 IU |
| Calcium | 121 mg |
| Iron | 1 mg |
| Potassium | 314 mg |

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

| Food as Purchased for | 50 Servings | 100 Servings |
|-----------------------|-------------|--------------|
| Mature onions | 6 oz | 12 oz |
| Zucchini | 9 lb 4 oz | 18 lb 8 oz |

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same-Day Service.

YIELD/VOLUME

| 50 Servings | 100 Servings |
|--|---|
| About 9 lb 1 oz | About 18 lb 2 oz |
| About 1 gal 2 ¹ / ₈ cups/4 sheet pans (18" x 26" x 1") | About 2 gal 1 qt 1 ¹ / ₄ cups/8 sheet pans (18" x 26" x 1") |

