

Tricolor Sesame Crusted Squash Sticks

Recipe By Zehava Krohn



Cooking and Prep:  40
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Serves:  4

Contains:   

Preference: Parve

Difficulty: Medium

Occasion: Shabbat, Shavuot,
Sukkot

Diet: Vegetarian, Low Fat,
Low Carb

Source: Whisk by Ami
Magazine

Ingredients (10)

Main ingredients

- 1 large zucchini
- 1/2 tablespoon **Haddar Teriyaki Sauce**
- 1 tablespoon **Bartenura Olive Oil**
- pinch garlic powder

- salt to taste
 - pepper to taste
 - 1 cup **Yehuda Matzo Meal**
 - 1 cup black sesame seeds
 - 1 cup white sesame seeds
 - 1 tablespoon paprika
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Start Cooking

Prepare the Squash Sticks

1. Preheat oven to 400 degrees Fahrenheit. Line a baking sheet with Gefen Easy Baking Parchment Paper.
2. Cut zucchini in half, and then lengthwise to form half-inch sticks. Add sticks to a resealable plastic bag. Add the teriyaki sauce, olive oil, garlic powder, salt and pepper to the bag. Seal, shake well, and let marinate for 15 minutes.
3. Prepare three shallow dishes. Place the matzah meal in the first dish, black sesame seeds in the second, and white sesame seeds in the third. Add paprika to the matzah meal and stir to combine.
4. Remove zucchini sticks from bag and dip each stick into one of the three coatings, so there is an equal number of each type.
5. Place covered sticks on prepared baking sheet and bake 15-20 minutes. Be careful not to overbake or the squash will become too tender and lose its crunch.