

Double Delicious Dunkers

Servings: 8 (5 pieces Per Serving)

Prep Time: 20

Cook Time: 10

Don't believe that your kids will clamor for a vegetable snack or side dish? Try serving them these crispy-coated, baked vegetables with a pizza sauce dip. This is a fun and interactive way to enjoy the good nutrition found in veggies.

Ingredients:

1 cup corn flakes cereal, crushed to $\frac{1}{4}$ cup
 $\frac{3}{4}$ cup cheese-flavored snack crackers, crushed to $\frac{1}{2}$ cup
2 tablespoons grated Parmesan cheese
 $\frac{1}{8}$ teaspoon garlic powder
 $\frac{1}{8}$ teaspoon cayenne pepper (optional)
2 egg whites, slightly beaten
2 tablespoons water
1 small zucchini, cut into $\frac{1}{4}$ -inch-thick slices (about $1\frac{1}{2}$ cups)
1 cup cauliflower florets
1 cup broccoli florets
1 cup pizza sauce

Directions:

In a shallow dish stir together corn flakes cereal, cheese-flavored snack crackers, Parmesan cheese, garlic powder and cayenne pepper (if desired).

In another small bowl stir together egg whites and water. Dip zucchini, cauliflower and broccoli into egg mixture. Roll in crumb mixture, gently pressing crumbs onto vegetables. Place on baking sheet coated with nonstick spray. Bake at 400°F for 8 to 10 minutes or until vegetables are crisp-tender.

Nutrition Facts: Serving Size: 5 pieces; Calories 80

Total Fat 2.5g; Saturated Fat 1g; Cholesterol 0mg; Sodium 170mg; Total Carbohydrate 11g; Dietary Fiber 2g; Sugars 2g; Protein 4g