

Pretzel Crusted Zucchini Sticks Salad, Parmesan Dressing – Alison Mountford

By Alison Mountford, contributing chef, for RINewsToday



ACTIVE TIME - 30

TOTAL TIME - 30

SERVES - 2-4 depending on side dish or entree salad

ABOUT - Do you have an overflow of zucchini this summer? This breading process is quite simple and totally worth it. I like to use the ends of any chips, pretzels, or cereal bag you have - you can even mix and match.

INGREDIENTS

Zucchini

- 1 cup pretzels or chips (crushed)
- 1 cup plain breadcrumbs
- 2 eggs (lightly beaten)
- ½ teaspoon kosher salt
- 1.25 pound zucchini (see recipe)

Dressing

- 1 Tablespoon mayonnaise
- 1 teaspoon dijon mustard
- 1 clove garlic (minced)
- 2 Tablespoons cider vinegar
- 4 Tablespoons extra virgin olive oil (plus a drizzle)
- 3 Tablespoon parmesan cheese (grated)

Salad

- 4 cup arugula (baby)
- 1 pint cherry tomatoes (halved)
- 1 english cucumber (sliced)

INSTRUCTIONS

PREHEAT THE OVEN TO 425 DEGREES

1. BREADING STATION

Crush the pretzels finely - I just smash with a rolling pin into a bowl but you can use a food processor if you have harder pretzels. Stir together with breadcrumbs in a bowl. In a second bowl, whisk the 2 eggs with a teaspoon of water and salt. Set up a baking sheet at the end.

2. ZUCCHINI

Trim the stem off of the zucchini and cut in half then in half lengthwise - you'll have 4 pieces. Slice each quarter into 3 wedges. Dip zucchini sticks in the egg and lift it out, place in the breadcrumbs. Cover and press the crumbs firmly into the zucchini. Place on the baking sheet. Repeat with all pieces.

Drizzle the breaded sticks with olive oil and make sure there is space between them. Bake for 7 minutes. Flip. Bake for 4 - 5 minutes longer until soft inside and golden brown.

3. PARMESAN DRESSING

Whisk together the dressing ingredients until smooth. Taste, add more salt if you like. Set aside.

4. SALAD

Wash and dry arugula. Add tomatoes and cucumber.

5. SERVING

Divide salads among plates, top with warm zucchini. Drizzle with dressing.

** Leftover tenders are amazingly good cold and also delicious reheated in the toaster oven. They freeze well too!

Chef Alison – Alison Mountford - Ends+Stems - <https://endsandstems.com>