

# OVEN-FRIED COURGETTE STICKS

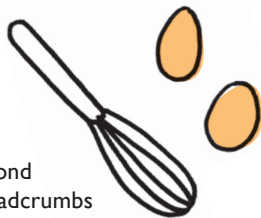
*Dip them, and they'll look like candles!*

## INGREDIENTS:

- 4 courgettes,  
cut in half lengthwise
- 1 cup flour
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 cup panko breadcrumbs
- 1 cup crispy fried onions,  
crushed
- 2 eggs

## INSTRUCTIONS:

- 1 Preheat oven to 220 degrees.
- 2 Cut each courgette in half.  
Cut each half lengthwise into sticks.
- 3 Combine flour, salt, and pepper in one bowl. In a second bowl, whisk eggs. In a third bowl, combine panko breadcrumbs and crispy onions.
- 4 Bread the courgettes by dipping each spear in flour, then egg, and finally breadcrumb mixture.
- 5 Spray a baking sheet with nonstick spray. Lay each spear flat on the sheet. Spray a light layer of cooking spray over the top.
- 6 Bake for 18-20 minutes or until golden brown.
- 7 Serve with ketchup, dressing, or dip. Make a “flame” by dipping!



**THIRD NIGHT.** Traditionally, for the whole period the candles are burning (about a half hour), you're not supposed to work. No doing dishes. No picking up toys. Take that half hour, and enjoy the glow. Watch how each candle burns at its own pace. Sing a song together. Eat a courgette stick. Play a game. Read a PJ Library book. Life is good while the candles drip.