

Zucchini Bread Recipes

# Easy Zucchini Breadsticks Recipe for Beginners

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| **15 min**<br>Prep time | **15 min**<br>Cook time | **30 min**<br>Total time |
| **8**<br>Servings | **Easy**<br>Difficulty | **Italian**<br>Cuisine |

## Ingredients

### Breadstick Dough

- [ ] 2 cups finely grated zucchini (about 2 medium zucchinis)
- [ ] 2 cups all-purpose flour
- [ ] 2 teaspoons baking powder
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon Italian seasoning
- [ ] 1 teaspoon salt
- [ ] 1/4 cup olive oil
- [ ] 1/4 cup grated Parmesan cheese (optional)
- [ ] 1/4 cup warm water (adjust as needed)

### For Topping

- [ ] 2 tablespoons olive oil
- [ ] 1/2 teaspoon garlic powder
- [ ] 1/4 teaspoon salt
- [ ] 1 tablespoon fresh parsley, chopped

## Instructions

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper. Grate the zucchini using the fine side of your grater - you should have about 2 cups packed.



2. Place the grated zucchini in a clean kitchen towel and squeeze firmly to remove as much moisture as possible. This is the most important step - really wring it out well.



3. In a large bowl, whisk together the flour, baking powder, garlic powder, Italian seasoning, and salt. Add the squeezed zucchini, olive oil, and Parmesan if using.



4 Gradually add warm water, mixing until a soft dough forms. It will be slightly sticky - that's normal. Knead gently in the bowl for about 30 seconds until it comes together.



5 Transfer the dough to your prepared baking sheet. Using lightly oiled hands, press and shape the dough into a rectangle about 1/2-inch thick.



6 Use a pizza cutter or sharp knife to slice the dough into 1-inch wide strips. Brush generously with the 2 tablespoons of olive oil and sprinkle with the additional garlic powder and salt.



7 Bake for 12-15 minutes, or until golden brown and cooked through. Sprinkle with fresh parsley and let cool for 5 minutes before serving.



## Nutrition per serving

| 145 kcal | 3 g | 17 g | 7 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- Squeezing the zucchini thoroughly is crucial - don't rush this step
- The dough should be soft and slightly sticky - add a bit more flour if it's unmanageable
- These are best served warm but also make great leftovers for up to 2 days
- For extra crispness, bake for an additional 2-3 minutes