




# Baked Zucchini Sticks and Sweet Onion Dip

Here's an easy way to eat your vegetables: enjoy the crunchy outside (and juicy inside) of a restaurant-style zucchini stick. Dip them in a creamy sauce for even more flavor and deliciousness.



 PREP	BAKE	TOTAL	YIELD
30 mins	20 mins	50 mins	about 3 dozen sticks

## Ingredients

### Dip

- 1 tablespoon butter
- 1 medium sweet onion, about 1/2 pound, peeled and sliced
- 2 tablespoons (28g) cider vinegar
- 2 tablespoons (43g) honey
- 1 tablespoon mustard
- 1 cup (227g) mayonnaise
- salt and pepper to taste

### Zucchini sticks

- 3 medium (567g to 680g) zucchini, unpeeled, cut into 3" - long sticks
- 1 tablespoon salt
- 1 cup (50g) coarse, dry bread crumbs (e.g., panko)\*
- scant 1/2 cup (50g)

## Instructions

- ① To make the dip: Melt the butter in a medium frying pan over moderate heat, and add the sliced onions. Cook, stirring occasionally, until the onions soften, then caramelize. This should take between 10 and 15 minutes. The lower the heat, the longer it takes, but the less likely you are to burn the onions.
- ② Once the onions are a medium brown, remove from the heat and add the vinegar.
- ③ Place the onions and vinegar into a small food processor. Add the honey and mustard, and process or blend until smooth.
- ④ Add the mayonnaise and salt and pepper to taste, stirring to combine. Refrigerate, covered, until ready to serve.
- ⑤ To make the zucchini sticks: Place the zucchini sticks in a colander over a bowl and sprinkle with the tablespoon of salt. Let the zucchini drain for 1 hour or longer; rinse and pat dry.
- ⑥ Combine the Panko, Parmesan, and pizza seasoning; set aside.
- ⑦ Preheat the oven to 425°F. Line a baking sheet with parchment, and spray the parchment with