**BREADED VEGETABLES**

**Ingredients**

1 c. seasoned bread crumbs

1/4 c. parmesan cheese

1/4 tsp. black pepper

2 eggs, beaten

1 Tbsp. milk

1 head of broccoli, chopped

1 small zucchini, sliced

8 oz. pkg. of baby carrots

1/4 head of cauliflower, chopped

2 Tbsp. butter, melted

Cooking spray

**Directions**

1. Preheat oven to 400°.
2. Spray baking sheet with cooking spray.
3. In one mixing bowl combine bread crumbs, parmesan cheese, and pepper.
4. In another mixing bowl combine eggs and milk.
5. Using a slotted spoon, toss vegetables in egg mixture and let extra egg run off.
6. Then toss egg-coated vegetables in bread crumb mixture, coating well.
7. Place the coated vegetables on the baking sheet.
8. Repeat until all vegetables are coated with bread crumbs.
9. Drizzle melted butter over the coated vegetables.
10. Bake for 20 minutes or until golden brown.
11. Stir once during baking.
12. Show teacher your final product. Then eat and enjoy! ☺
13. Makes 4-5 servings.