

Zucchini Fries

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Physical

What You Need:



- 4 zucchini quartered lengthwise, and cut in half
- ½ cup Parmesan cheese
- ½ tsp of each herb (dried thyme, dried oregano, and basil)
- ¼ tsp garlic powder
- Salt and black pepper to taste
- 2 Tbsp olive oil
- 2 Tbsp parsley

What To Do:

1. Ask your child to help combine all ingredients except for the zucchini and oil into a small bowl.
2. Have him place the zucchini slices on a baking sheet. Drizzle olive oil onto each slice then ask him to sprinkle the Parmesan mixture on top.
3. Bake at 350 degrees for 15 minutes. Then broil for 2-3 minutes or until golden brown.

