



# GEARY COUNTY K-STATE RESEARCH & EXTENSION

SNAP-ED NUTRITION | 119 E. 9TH STREET, JUNCTION CITY, KS

## TEFAP Toasted Zucchini Sticks

Makes 4-5 Servings



### Ingredients

- 1 medium, zucchini, cut into 3/4 inch slices
- 1 large egg
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup instant mashed potato flakes
- Cooking spray

### Directions

1. Preheat oven to 450° F.
2. Spray shallow baking dish with cooking spray.
3. Combine egg, salt and pepper in a small bowl.
4. Dip zucchini in egg mixture, then dip into potato flakes to coat.
5. Place coated zucchini into coated dish.
6. Bake 20 minutes, or until tender, turning after 10 minutes

Visit our SNAP-Ed TEFAP Recipe Website for more meals to try!  
<https://www.hhs.k-state.edu/ks-snaped/recipes/tefap/index.html>

## PARTNER HIGHLIGHT: Debbie Savage

This month, Geary County SNAP-Ed would like to highlight one of our local partners in Junction City, Debbie Savage.

Debbie is the Founder and President of Breaking Bread of JC Inc. She started this faith-based non-profit in October of 2018 to provide free hot meals to the community. Debbie purchases the food, cooks the meals, and serves every Friday at the 12<sup>th</sup> Street Community Center from 5-7pm. Even through the COVID-19 Pandemic, Debbie still provided this service. There are no pre-requisites or requirements to meet for receiving a free dinner from Breaking Bread, all are welcome. Debbie stands by the phrase, "Love people, cook them tasty food" (pictured below).

For her incredible act of generosity, Debbie Savage was a Jefferson Award Winner. The Jefferson Award features local volunteers to focus on the great work they do, so they may inspire others for following their own service ideas.



Ann Katt, Geary County SNAP-Ed Nutrition Educator, has been in contact with Debbie on potentially holding future nutrition classes with her Friday meals.

Visit Debbie Savage on Fridays from 5-7pm at the 12<sup>th</sup> Street Community Center for a **FREE HOT MEAL**.  
See Breaking Bread's website at [www.breakingbreadofjc.com](http://www.breakingbreadofjc.com)

## TOASTED ZUCCHINI STICKS NUTRITION INFORMATION

1 Serving  
77grams

Calories 70  
Total Fat 1.5 g  
Saturated Fat 0 g  
Cholesterol 45 mg  
Sodium 620 mg

Total Carbohydrate 12 g  
Dietary Fiber 1 g  
Total Sugars 2 g  
Protein 3 g

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