

Vegan Breaded Zucchini Recipe (Baked)

Ingredients

- Two medium-sized zucchini or summer squash
- 1-2 tbsp. Dijon mustard
- Olive oil, for cooking

Breadcrumbs Mixture

- 1 cup unseasoned breadcrumbs
- 2 tsp. nutritional yeast
- 1 tsp. garlic powder
- 1 tsp. dried thyme
- ½ tsp. smoked paprika
- ½ tsp. salt
- ½ tsp. black pepper

Steps

1. Preheat the oven to 425°F (220°C). Grease a baking sheet (or two, depending on the size of your zucchini and baking sheets), and set aside.
2. Prepare your breadcrumb mixture by combining the breadcrumbs with all the spices. This will make more than you need, so save the remaining breadcrumbs for another batch of zucchini later in the week! Place the breadcrumbs in a bowl, and place the mustard in a second bowl.
3. Cut your zucchini into 1/4-inch thick rounds. Brush a thin layer of the mustard on each side of the zucchini slice, and then dip it in the breadcrumbs firmly, so both sides are coated in the breadcrumbs. Place on the prepared baking sheet, and repeat with the remaining zucchini. Drizzle lightly with olive oil.
4. Place the baking sheet in the preheated oven, and bake for 15 minutes. Remove from the oven, flip, drizzle with a little more olive oil, and bake for another 15 minutes. When you're done, the outsides should be crispy and then insides soft.

