

# Zucchini Fries, Nuggets & Wednesday, October 13th

## Apple Nachos SHOPPING LIST:

- 2 zucchinis, small to medium
- Whole wheat seasoned bread crumbs
- Parmesan cheese, finely grated
- Onion powder
- Paprika
- Garlic powder
- Cayenne pepper
- Sea salt
- Black pepper
- 3 eggs
- Nonstick cooking spray or canola oil
- 2 pounds of skinless boneless chicken breast (or more depending on your family) - note you can use strips if easier
- OPTIONAL: mayo and mustard for a dipping sauce
- 2 apples (your fav)
- Cinnamon
- Peanut butter (or WOWButter)
- Honey
- Cocoa powder
- Milk
- OPTIONAL: mini chocolate chips, coconut flakes, sunflower seeds for the nachos



Let's Make Dinner  
Together!

[JodieFitz.com](http://JodieFitz.com)

Saratoga Library  
Dinner Club with Jodie Fitz  
4:00 PM



## Supplies for Event:

- oven mitt
- 2 medium sized bowls
- whisk ,fork or spoon
- 1/4 cup, 1/2 cup, 1 cup measuring cups
- 1/4 teaspoon, 1/2 teaspoon, 1 teaspoon, 1 tablespoon measuring spoons
- small spoons
- baking sheet
- 2 cutting board(s)
- sharp knives
- 3 bowls (cereal bowls will work)
- fork
- tongues (not necessary)
- Large ziploc style storage bag, 2 small ziploc style sandwich size bags
- Large plate for nachos
- Paper towel or kitchen towel

Disclaimer: You are responsible for your child, any allergy concerns and your home, an adult should be present for the class. By participating you hold harmless anyone associated with conducting this program.