

## Recipe For: **Parmesan Zucchini Sticks**



### Ingredients:

2-3 medium zucchini  
2-3 tbsp. olive oil  
½ c Parmesan cheese  
1 tsp. Salt  
2 tsp. Parsley

*Dip them in  
fresh tomato  
sauce!*

### Directions:

Wash and slice zucchini into strips. In a bowl mix cheese, salt, and parsley. Rub zucchini strip with olive oil, roll in mixture and place on cookie sheet with the skin side down. Bake at 425°F for 20 minutes.



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## Recipe For: **Ricotta**



### Ingredients:

4 cups milk  
4 tbsp. white vinegar  
½ tsp. salt



### Directions:

Whisk all ingredients in a bowl. Microwave on high for approximately 8 minutes or until cheese curds form and separate from the whey. Pour through cheesecloth and allow it to drain. Squeeze out remaining liquid and remove the ricotta! Recipe makes about 1 cup.

NOTE: you can use any type of milk but as you decrease the fat content of the milk the ricotta is less creamy, but still delicious!



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