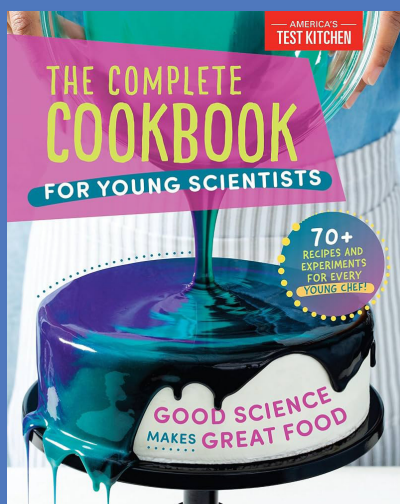


AUG 2026

Book COOK

Featured Book



*The Complete Cookbook
for Young Scientists*
America's Test Kitchen



Cheesy Zucchini Carrot Crisps

Tools

- Rimmed baking sheet or glass baking dish
- Parchment paper
- Cutting board
- Paring knife
- Box Grater
- Fine mesh strainer
- Large bowl
- Clean dish towel
- Rubber spatula
- Measuring spoons
- Oven mitts

Ingredients

- 1 small zucchini
- 1 small carrot, peeled
- ½ teaspoon salt
- ⅓ cup panko breadcrumbs
- ¼ cup shredded cheddar cheese (1oz)
- 1 large egg, cracked into bowl and beaten lightly with a fork
- ½ teaspoon garlic powder

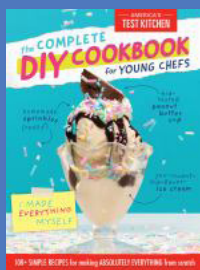
Preparation

1. Adjust oven rack to upper-middle position and heat oven to 425 degrees. Line rimmed baking sheet with parchment paper and spray with vegetable oil spray.
2. Use a knife to trim off ends of zucchini and carrot. Shred zucchini and carrot on large holes of box grater (stop when your fingers get close to the grater and discard ends).
3. Set fine-mesh strainer over large bowl. Transfer shredded vegetables to strainer and sprinkle with salt. Use rubber spatula to stir until combined. Let sit for 10 minutes to drain.

Featured Farms and Markets

Cates Farm
Henderson, KY

Check Out These Books!



*The Complete
DIY Cookbook
for Young Chefs*
America's Test
Kitchen



*The Big, Fun
Kids Cookbook*
Food Network

4. Place clean dish towel on counter. When salted vegetables are ready, transfer to center of dish towel. Gather ends of towel together; twist tightly; and squeeze hard over sink, draining as much liquid as possible. Discard any liquid from large bowl and add vegetables to bowl.
5. Add panko, cheddar, egg, and garlic powder to bowl with vegetables. Stir mixture with rubber spatula until combined.
6. Use 1 tablespoon measuring spoon to scoop and drop vegetable mixture onto baking sheet in 12 mounds (about 1 heaping tablespoon each). Use your hand to gently press each mound to flatten into thin circle.
7. Place baking sheet in oven and bake crisps until edges are browned, 13 to 15 minutes.
8. Use oven mitts to remove baking sheet from oven and place on cooling rack (ask an adult for help). Let crisps cool for 10 minutes. Serve.

Extend the Fun!

Discussion Questions and Activities

- This book is full of food science questions such as, “Why do different parts of chicken taste and look different?” and “Why do spices have so much flavor?” What is an ingredient you have always been curious about? Do some research to find out!
- How do you collect your favorite recipes? Create a special book to keep them all in one place! You can use an old notebook, binder, or flash cards in a small box. Decorate and add small details and drawings to each of the recipes.

Notes

Make sure to share a picture of the completed recipe with us by tagging @EVPLibrary on social media or sending an email to programming@evpl.org.

