



Zucchini/Squash Parmesan Crisps

Adapted from a recipe by Ellie Krieger on Foodnetwork.com

Prep Time: 20 min

Cook Time: 30 min

Level: Easy

Serves: 4 servings, serving size 1/2 cup

Ingredients

Cooking spray

2 medium zucchini or summer squash (about 1 pound total)

– we prefer summer squash for this!

1 tablespoon olive oil

1/4 cup freshly grated Parmesan or romano (3/4-ounce)

1/4 cup plain or seasoned dry bread crumbs

1/8 teaspoon salt

Freshly ground black pepper



Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.

Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet.

Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.

Excellent Source of: Molybdenum, Vitamin C

Good Source of: Calcium, Manganese, Vitamin B6, Protein