

Parmesan Zucchini Crisps

IOWA

Student Wellness

Ingredients

- 1 medium zucchini (about 1/2 pound)
- 1/2 Tablespoon olive oil
- 2 Tablespoons grated Parmesan
- 2 Tablespoons Panko or dry cracker or bread crumbs
- 1/4 teaspoon garlic powder (optional)
- Salt and pepper (to taste)



Makes 4 servings

Directions

1. Preheat the oven or toaster oven to 450° F. Coat a baking sheet with cooking spray.
2. Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil.
3. In a small bowl, combine the Parmesan, bread crumbs, garlic powder, salt, and 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.
4. Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.