



Zucchini OVEN CHIPS

RECIPE

Ingredients:

- 1 ¼ cup dry bread crumbs
- 2 ¼ cup grated Parmesan cheese
- 3 2 Tablespoons fat-free milk
- 4 ¼ teaspoon (each) of garlic powder, salt, black pepper
- 5 2 small zukes cut into ¼ inch thick slices
- 6 Cooking Spray

Instructions:

- 1 Pre-heat the oven to 425 degrees F
- 2 Combine dry ingredients in a medium bowl
- 3 Dip zuke slices in milk, dredge in dry ingredients
- 4 Spray baking sheet with non-stick oil
- 5 Place each zucchini slice on baking sheet
- 6 Bake for 30 minutes, or until brown and crisped. Serve immediately

CREDIT + TIPS

If you have an ovenproof wire rack, place the zucchini slice on there to bake! This will help the chips get even crispier. Source: Health.com

