

# ZUCCHINI CHIPS



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## Ingredients

Yield: 4

- Cooking spray
- 2 medium zucchini or about 1 pound
- 1 tbsp olive oil
- 1/4 c freshly grated low fat parmesan cheese
- 1/4 c plain breadcrumbs
- 1/8 tsp sea salt
- Black pepper (fresh ground is better)

## Directions

1. Preheat the oven to 450 degrees. 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. In a small bowl, combine the parmesan, bread crumbs, salt, and a few dashes 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.
3. Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/4 <sup>th</sup>	115	5 g	6 g	14 g	350 mg

Carbohydrate Exchanges: 1