**Deanna’s Crispy Veggie Chips**

Serves 2 (can be doubled or tripled)

SmartPoints per serving: **③ ③ ③**

Cooking spray

2 egg whites, beaten, or ¼ cup liquid egg whites

½ cup panko (Japanese breadcrumbs) I prefer Kikkoman (not whole wheat)

2 tablespoons grated Parmesan cheese

1 teaspoon paprika

¼ teaspoon garlic powder

¼ teaspoon black pepper

1 tablespoon flour

2 cups zucchini, yellow squash, green beans and/or mushrooms, beans trimmed and other veggies sliced about ½ inch thick

Preheat oven to 425°. Lightly spray a sheet pan with cooking spray.

Place egg whites in a shallow bowl. Combine panko, parmesan cheese, paprika, garlic powder and pepper in a medium bowl. Place flour in a plastic grocery bag; add vegetables and shake gently to dust with the flour. Next, dip in egg whites. Finally, dredge slices in panko mixture, pressing gently so the crumbs adhere. Place coated slices on prepared pan. Spray tops with additional cooking spray. Bake at 425° for 20 minutes or until browned and crisp, flipping once after 12 minutes. Serve immediately.

[*Deanna the Chef*](http://www.deannathechef.com/)