

58

Recipes » Crunchy Zucchini Rounds With Sun-Dried Tomatoes and Goat Cheese

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Prep Time: 15 minutes

Yield: Makes 8 servings (serving size: 3 rounds)

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### Nutritional Information

Calories per serving:	86
Fat per serving:	7g
Saturated fat per serving:	2g
Monounsaturated fat per serving:	4g
Polyunsaturated fat per serving:	1g
Protein per serving:	3g
Carbohydrates per serving:	4g
Fiber per serving:	1g
Cholesterol per serving:	5mg
Iron per serving:	1mg
Sodium per serving:	103mg
Calcium per serving:	27mg

## Ingredients

- 2 zucchini
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 ounces sun-dried tomatoes, packed in oil (about 24)
- 3 ounces goat cheese
- 2 tablespoons chopped fresh chives
- 2 tablespoons extra-virgin olive oil



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## Preparation

1. Slice zucchini into 1/4-inch-thick rounds. (You should have about 24 slices.) Lay out on large platter; season with salt and pepper.
2. Place a sun-dried tomato on each slice, then top each tomato with a pinch of goat cheese. Sprinkle tops with chopped chives, and drizzle with extra-virgin olive oil; serve.

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**Dee** | Tue 11/13/12 01:21 PM

I made these for a football party and they were great, and very easy to make. I too made a few adjustments. I used Jane's Crazy Mixed up Salt (salt & herb blend) in stead of salt + pepper. I sprinkled a little on my serving plate so the bottom of the zucchini had flavor when you put it in your mouth. Used chopped fresh basil instead of chives and did not use extra oil. Quick, easy, tasty. Great colors for the Christmas Holiday parties as well.

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**julie** | Mon 8/13/12 09:10 PM

Yum! Absolutely delicious and easy!!! Didn't use the extra drizzle of olive oil at the end, instead used a bit of oil from sun dried tomatoes. Great with a glass of wine :)

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**Jennifer** | Sun 7/1/12 06:52 AM

These were great. I did make a couple changes though.

1. Basil instead of chives
2. No extra olive oil (the oil from the tomatoes was enough)

I also sliced the SDTomatoes.

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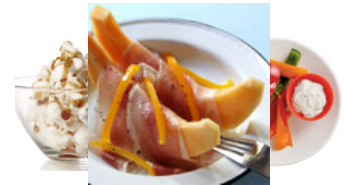
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