



Zucchini Parmesan Crisps

Recipe courtesy of Ellie Krieger

2008 Ellie Krieger, All Rights Reserved



Zucchini Parmesan Crisps

Total Time:
50 min

Prep: 20 min

Cook: 30 min

Yield:
4 servings, serving size
1/2 cup

Level:
Easy

Ingredients

Cooking spray (<http://www.foodterms.com/encyclopedia/cooking-spray/index.html>)

2 medium zucchini (about 1 pound total)

1 tablespoon olive oil (<http://www.foodterms.com/encyclopedia/olive-oil/index.html>)

1/4 cup freshly grated Parmesan (3/4-ounce)

1/4 cup plain dry bread crumbs

1/8 teaspoon salt

Freshly ground black pepper

Directions

Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.

Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini (<http://www.foodterms.com/encyclopedia/zucchini/index.html>) with the oil. In a small bowl, combine the Parmesan (<http://www.foodterms.com/encyclopedia/parmesan/index.html>), bread crumbs (<http://www.foodterms.com/encyclopedia/breadcrumbs/index.html>), salt, and a few turns of 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.

Bake the zucchini rounds until browned and crisp (<http://www.foodterms.com/encyclopedia/crisp/index.html>), 25 to 30 minutes. Remove with spatula (<http://www.foodterms.com/encyclopedia/spatula/index.html>). Serve immediately.

Per Serving:

(serving size, 1/2 cup)

Calories 105; Total Fat 6g (Sat Fat 2g, Mono Fat 2g, Poly Fat 0g); Protein 5g; Carb 8.5g; Fiber 1.5g; Cholesterol 1mg; Sodium 222mg

Excellent Source of: Molybdenum, Vitamin C

Good Source of: Calcium, Manganese, Vitamin B6, Protein

© 2014 Television Food Network, G.P. All Rights Reserved.