Zucchini Parmesan Chips  
\*\*\*Share to save on your wall!\*\*\*  
  
Ingredients:  
1 large zucchini, cut into thin slices  
1/3 cup whole grain bread crumbs, Panko, or gluten-free bread crumbs  
1/4 cup finely grated Parmesan cheese  
1/4 teaspoon black pepper  
Kosher or sea salt to taste  
3 tablespoons low-fat milk  
Optional:  
1/8 teaspoon garlic powder  
1/8 teaspoon cayenne pepper  
  
Directions:  
Preheat oven to 425F. Combine breadcrumbs, parmesan cheese, black pepper, salt, garlic powder, and cayenne pepper in a small bowl. Then, dip the zucchini slices into milk and dredge into bread crumbs to coat both sides, pressing lightly to ensure the crumbs stick.  
  
Prepare a cookie sheet by coating it lightly with a non-stick cooking spray and arrange your zucchini slices in a single layer.   
  
Bake for 30 minutes, turning them over half way through, and continue baking until golden.