

## Zucchini Oven Chips

Number of servings: 4

Preparation time: 15 minutes

Total time: 45 minutes

### Ingredients:

- ¼ cup dry breadcrumbs
- ¼ cup grated Parmesan cheese
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- 1/8 teaspoon black pepper
- 2 tablespoons fat-free milk
- 2 ½ cups of zucchini (or summer squash) cut into 1/4 inch thick slices (about 2 zucchini)
- Cooking spray

### Equipment Needed:

Cutting board  
Knife  
Whisk or fork  
Fork  
Measuring spoons and cup  
2 Bowls  
Baking tray  
Baking rack (use the one in your toaster oven!)

### Directions

- Preheat oven to 425°.
- Combine first 5 ingredients in a medium bowl, stirring with a whisk.
- Place milk in a shallow bowl.
- Dip zucchini slices in milk, and then dip in breadcrumb mixture until coated on both sides.
- Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet to catch crumbs while baking.
- Bake at 425° for 30 minutes or until browned and crisp. Serve immediately.

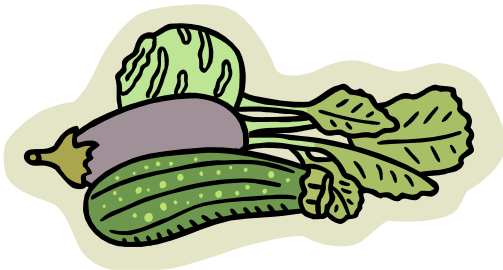
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### Nutrition Facts

Serving Size: 3/4 cup	
Recipe makes 4 servings	
<b>Calories 61</b>	
Calories from Fat 28%	
Amount Per Serving	%DV
Total Fat 1.9g	
Saturated Fat 1g	3%
Monounsaturated Fat .5g	
Trans Fat 0g	
<b>Cholesterol</b> 5mg	0%
<b>Sodium</b> 231mg	5%
<b>Total Carbohydrate</b> 7.6g	2%
Dietary Fiber 1g	3%
Protein	5%
Vitamin A	13%
Vitamin C	25%



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