

Baked Zucchini Chips

Zucchini is breaded and baked until crispy and golden brown. A quick, healthy way to use some of that zucchini from your garden!

Prep Time: 5 Minutes
Cook Time: 10 Minutes
Ready In: 15 Minutes
Yields: 4 servings

INGREDIENTS:

2 medium zucchini, cut into 1/4-inch slices
1/2 cup seasoned dry bread crumbs
1/8 teaspoon ground black pepper
2 tablespoons grated Parmesan cheese
2 egg whites

DIRECTIONS:

1. Preheat the oven to 475 degrees F (245 degrees C).
2. In one small bowl, stir together the bread crumbs, pepper and Parmesan cheese. Place the egg whites in a separate bowl. Dip zucchini slices into the egg whites, then coat the breadcrumb mixture. Place on a greased baking sheet.
3. Bake for 5 minutes in the preheated oven, then turn over and bake for another 5 to 10 minutes, until browned and crispy.