



Baked Garlic Parmesan Zucchini Chips

Ingredients

- 2 to 3 zucchinis, sliced into ¼ inch to ½ inch rounds
- 2 tbsp extra virgin olive oil
- salt and fresh ground pepper, to taste
- 1 cup Panko breadcrumbs
- ½ cup freshly grated parmesan cheese
- 1 tsp dried oregano
- 1 tsp garlic powder
- cooking spray
- ½ cup non-fat plain yogurt [optional]

Directions

1. Preheat oven to 450 degrees F.
2. Line 3 baking sheets with foil, lightly spray with cooking spray and set aside.
3. In a large mixing bowl, combine zucchini slices, olive oil, salt and pepper. Mix until well combined.
4. In a separate bowl, combine panko bread crumbs, parmesan cheese, oregano, and garlic powder.
5. Dip slices of zucchini in the breadcrumb mixture and coat on both sides, pressing on the coating to make it stick.
6. Place the zucchini slices in a single layer on the baking sheets.
7. Lightly spray each slice with cooking spray. This will help create a crunchier texture.
8. Bake for 10 minutes; then rotate the pans and continue to bake for 8-10 additional minutes. Bake until chips are golden brown.
9. Remove from oven and serve with non-fat plain yogurt.
10. Enjoy!

Healthy Tip: Olive oil is heart healthy fat!

Calories 92	Cholesterol 5mg	Dietary Fiber 1 g
Total Fat 7g	Sodium 104 mg	Sugars 2 g
Saturated Fat 2g	Total Carbohydrate 4 g	Protein: 3g