



## Zucchini

### Ingredients

- 1 large zucchini
- 1/3 cup of whole grain breadcrumbs
- 1/4 cup finely grated parmesan cheese
- 1/4 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1 large egg
- salt to taste

### Directions

1. Pre-heat oven to 425 degrees
2. Combine all dry ingredients in mixing bowl
3. Cut zucchini into 1/2 inch slices
4. Whisk egg bowl
5. Dip zucchini slices in egg on both sides
6. Coat zucchini slices in dry ingredients on both sides
7. Lightly spray cookie sheet with non-stick cooking spray
8. Place zucchini slices on cookie sheet
9. Bake for 15 minutes, flip zucchini and bake for 15 more minutes

\*Tip: Zucchini chips will continue to get more crispy while cooling. Try dipping in blue cheese, ranch dressing, or siracha mayo!