

Zucchini Parmesan Crisps

2 medium zucchini (about 1 pound total)
1 tablespoon olive oil
1/4 cup freshly grated Parmesan (3/4-ounce)
1/4 cup plain dry bread crumbs
1/8 teaspoon salt
Freshly ground black pepper

1. Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.
2. Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil.
3. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper.
4. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and Place in a single layer on the prepared baking sheet.
5. Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately. (From foodnetwork.com)

Nutritional Facts: 340 Calories, 28 Carbs, 21g Fat, 14g Protein, 812mg Sodium, 7g Sugar