

Ingredients:

- 1 cup corn flakes cereal, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 4 teaspoons Parmesan cheese, grated
- 1 egg, beaten
- 2 medium zucchini, unpeeled, cut into 1/4 inch slices
- cooking spray

Zucchini Chips
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Directions:

1. Wash hands with soap and warm water.
2. Preheat oven to 400°F.
3. In one small bowl, stir together crushed corn flakes, salt, garlic powder, pepper and Parmesan cheese.
4. Place the egg in a separate bowl and beat.
5. Dip the zucchini slices into the egg, then coat with the corn flake mixture.
6. Place on a baking sheet sprayed with cooking spray.
7. Bake for 10 minutes, flip them over, then bake for another 10 minutes or until they are browned and crispy.
8. Serve hot.

Nutrition Facts (Per Serving)

Calories, 70; Carbohydrate, 10 g; Protein, 4 g; Total Fat, 2 g; Saturated Fat, 0.5 g; Trans Fat, 0 g; Cholesterol, 40 mg; Fiber, 1 g; Total Sugars, 3 g; Sodium, 260 mg; Calcium, 54 mg; Folate, 67 mcg; Iron, 3 mg; Calories from fat, 26%.

Makes 4 servings - Recipe Courtesy of Team 4 Nutrition



Zucchini Chips

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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