



# Zucchini Oven Chips



Recipe obtained from Delish.com  
([http://www.delish.com/recipefinder/zucchini-oven-chips-recipe-mr0811?click=recipe\\_sr](http://www.delish.com/recipefinder/zucchini-oven-chips-recipe-mr0811?click=recipe_sr))

## Ingredients: Serves 4

¼ cup dry breadcrumbs  
¼ cup (1 oz.) grated fresh Parmesan cheese  
¼ teaspoon seasoned salt  
¼ teaspoon garlic powder  
¼ teaspoon black pepper  
2 tablespoons fat-free milk  
2½ cups (~2 small) ¼ inch-thick slices zucchini  
Cooking spray



## Directions:

Preheat oven to 425°F.



Combine breadcrumbs, Parmesan cheese, salt, garlic powder and black pepper in medium bowl, stirring with a whisk. Place milk in a shallow bowl. Dip zucchini slices in milk and dredge in breadcrumb mixture. Place coated slices on an ovenproof wire rack coated with cooking spray. Place rack on a baking sheet. Bake for 30 minutes or until browned and crisp. If no wire rack is available, place chips directly on baking sheet and flip halfway through. Serve while hot.

**Nutritional information per serving:** 63 calories; 2 grams fat; 8 grams carbohydrate; 1 gram fiber; 4 grams protein; 231 mg sodium; 88 mg calcium; 0.6 mg iron; 23 ug RAE vitamin A; 13 mg Vitamin C; 216 mg potassium; 19 mg magnesium



**Zucchini is high in lutein and zeaxanthin, which may protect the eyes and support eye health!**<sup>1</sup>

This handout was prepared by UNM students in NUTR 322: Management in Dietetics II.

1. American Optometric Association. Lutein & Zeaxanthin. Available at: <http://www.aoa.org/x11815.xml>. Accessed February 11, 2012.