

Cheesy Zucchini Chips

A diabetic-friendly recipe

Ingredients:

- Cooking spray
- 2 medium zucchinis, sliced in 1/4-inch rounds
- 1 tablespoon olive oil
- 1/4 cup freshly grated Parmesan
- 1/4 cup plain dry breadcrumbs
- 1/8 teaspoon salt
- Dash pepper



Directions

1. Preheat oven to 450°F. Spray a baking pan with cooking spray.
2. Combine zucchini slices and oil in a medium bowl. Set aside.
3. Combine Parmesan, breadcrumbs, salt, and pepper in a small bowl. Dip each zucchini round in the parmesan mixture, coating all sides, and place onto the prepared baking sheet.
4. Bake 25–30 minutes. Serve warm.

Makes 4 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.