



OVEN BAKED ZUCCHINI CHIPS

1 large zucchini, cut into 3mm (11/8") slices

3/4 cup whole grain breadcrumbs, optional Panko or Corn crumbs

1/2 cup finely grated parmesan cheese

1/2 teaspoon black pepper

Sea salt to taste

1/4 teaspoon garlic powder

1/4 cayenne pepper

6 tablespoons milk

Directions

Preheat oven to 220c degrees

Combine in a small mixing bowl, breadcrumbs, parmesan cheese, black pepper, salt, garlic powder, and cayenne pepper. Dip zucchini slices into milk and dredge into breadcrumbs to coat both sides. Note: It may be necessary to press crumbs onto zucchini slices to ensure the crumbs stick.

Arrange zucchini on a no stick baking sheet and lightly mist with cooking spray. Bake for 15 minutes, turn over and continue baking until golden. (Be careful not to burn).