Ingredients

- Cooking spray
- 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

Directions

Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.

Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. 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.

Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.

Per Serving:

(serving size, 1/2 cup)

Calories 105; Total Fat 6g (Sat Fat 2g, Mono Fat 2g, Poly Fat 0g); Protein 5g; Carb 8.5g; Fiber 1.5g; Cholesterol 1mg; Sodium 222mg