

## Ingredients:

Zucchini Chips  
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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

## 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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