



Zucchini Parmesan Crisps

A luscious recipe for a healthy life.....

Servings: 4

1 lb. zucchini or squash (about 2 medium-sized)
1/4 cup shredded parmesan (heaping)
1/4 cup Panko breadcrumbs (heaping)
1 tablespoon olive oil
1/4 teaspoon kosher salt
Freshly ground pepper, to taste



Preheat oven to 400 degrees. Line two baking sheets with foil and spray lightly with vegetable spray.

Slice zucchini or squash into 1/4 inch-thick rounds. Toss rounds with oil, coating well.

In a wide bowl or plate, combine breadcrumbs, parmesan, salt and pepper.

Place rounds in parmesan-breadcrumb mixture, coating both sides of each round, pressing to adhere. The mixture will not completely cover each round, but provides a light coating on each side.

Place rounds in a single layer on baking sheets. Sprinkle any remaining breadcrumb mixture over the rounds.

Bake for about 22 to 27 minutes, until golden brown.



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