

Zucchini Parmesan Crisps



These quick and easy nutrient-dense, low-calorie crisps are perfect early-autumn cocktail hour finger food.

Zuchinis are best used before they get too big and start to lose some of their delicate flavor.

Ingredients:

2 or 3 medium zucchini.

1 tablespoon olive oil.

1/2 cup freshly grated good quality Parmesan cheese. Use a very fine plane for grating.

1/8 cup dry bread crumbs.

Pinch of salt.

1/4 teaspoon red pepper flakes (the smaller the flakes the better - we used the very fine small ones in the bottom of a bag we bought in New Mexico last year).

Ground black pepper to taste.



Directions:

Preheat oven to 425 degrees.

Slice the zucchini into 1/4 inch thick rounds with a mandolin or by hand. Put in large zip lock bag and add the olive oil and mix until all of the zucchini is coated in oil.

Combine the Parmesan, bread crumbs, salt and red and black pepper in flat casserole dish.

Dip each round into the Parmesan mixture coating on both sides. Pat it on if it's not sticking.

Place in a single layer on non-stick backing sheet.



Bake until browned and crisp (15 -25 minutes) depending on thickness of Zucchini slices and your oven. We baked ours 18 minutes. Remove with spatula and serve immediately if possible.

Nutritional Information:

Zucchini is one of the very low calorie vegetables. It includes only 17 calories per cup. Its peel is a great source of dietary fiber and a great source of potassium, manganese, phosphorus, zinc and folate. It also includes vitamins A, C, B1, B2, and B5.

Parmesan includes 431 calories in one cup of grated cheese. This recipe only includes ½ cup (215 calories) and provides healthy cocktail hour snacks for four people, even if you double the amount of cheese.