zucchini Oven Chips

Description

Breaded, oven-fried zucchini chips taste like they're fried, yet they are baked and amazingly crispy. These chips make a healthy substitute for French fries or potato chips.

Summary

Yield: 4
Prep Time: 45 minutes
Category: Vegetables
Cuisine: American
Tags: Football Alan

Ingredients

- 1/4 cup breadcrumbs
- 1/4 cup parmesan cheese grated
- 1/4 tsp season salt
- 1/4 tsp garlic powder
- 1/8 tsp pepper
- 2 tbsp milk
- 2 1/2 cup sliced zucchini

Instructions

Preheat oven to 425°.

Combine first 5 ingredients in a medium bowl, stirring with a whisk.

Place milk in a shallow bowl.

Dip zucchini slices in milk, and dredge in breadcrumb mixture.

Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet.

Bake at 425° for 30 minutes or until browned and crisp.

Serve immediately.