Snack, Mediterranean

Crispy Parmesan Baked Zucchini Rounds

Thin zucchini rounds are coated in a savory Parmesan cheese and bread crumb blend, then baked until golden and crisp. They make a crunchy snack or side with plenty of flavor.



Nut free

30 min	90	8 g	3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/4 cup Parmesan cheese (grated)
- [ ] 1/4 cup bread crumbs
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp paprika
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 med zucchini (thinly sliced into rounds)
- [ ] 1 tbsp olive oil

Method

- [ ] 1 Heat the oven to 425 degrees F and line a baking sheet with parchment paper.
- [ ] 2 Stir the Parmesan cheese, bread crumbs, garlic powder, paprika, salt, and black pepper together in a bowl to make the coating.
- [ ] 3 Slice the zucchini thinly into even rounds using a knife or a mandoline.
- [ ] 4 Toss the zucchini rounds with the olive oil until lightly coated.
- [ ] 5 Press each slice into the coating so both sides are evenly covered.
- [ ] 6 Arrange the coated slices in a single layer on the baking sheet.
- [ ] 7 Bake for about 20 minutes, until golden brown and crispy.

Nutrition Facts

Per serving

Calories	**90**
Total fat	5 g
Saturated fat	1.5 g
Sodium	240 mg
Total carbs	8 g
Fiber	1 g
Total sugars	3 g
Protein	3 g

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