Dinner, Mediterranean

Crispy Parmesan Crusted Zucchini Rounds

Tender zucchini rounds wear a golden crust of seasoned bread crumbs and Parmesan cheese. They come out of the oven crisp on the outside and soft inside.



Nut free

35 min	120	13 g	2 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 cup bread crumbs
- [ ] 1/2 cup Parmesan cheese (grated, low sodium)
- [ ] 1 tsp dried oregano
- [ ] 1 tsp garlic powder
- [ ] 1/8 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 large eggs (beaten)
- [ ] 2 med zucchini (sliced into rounds)
- [ ] 1 spray nonstick cooking spray (olive oil)

Method

- [ ] **1** Set the oven to 425 degrees F so it is hot and ready when the zucchini is coated.
- [ ] **2** Stir the bread crumbs, Parmesan cheese, dried oregano, garlic powder, salt, and black pepper together in a shallow dish.
- [ ] **3** Pour the beaten eggs into a separate shallow dish.
- [ ] **4** Dip each zucchini round in the beaten eggs, turning it so every side gets wet.
- [ ] **5** Press the wet round into the bread crumb blend so the coating clings over the whole surface.
- [ ] **6** Mist a baking sheet with the olive oil nonstick cooking spray, then lay the rounds out in a single layer.
- [ ] **7** Spray the tops of the coated rounds lightly with more of the olive oil nonstick cooking spray.
- [ ] **8** Bake for 20 minutes, until the zucchini is tender and the coating has turned golden brown.
- [ ] **9** Move the zucchini off the sheet and arrange it on a serving platter.

Nutrition Facts

Per serving

Calories	120
Total fat	4.5 g
Saturated fat	2 g
Sodium	190 mg
Total carbs	13 g
Fiber	1 g
Total sugars	2 g
Protein	7 g

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