

# Oven Baked Zucchini Chips

Yields: 4 servings

Calories: 99	Total Fat: 3 g	Saturated Fat: 2 g	Trans Fat: 0 g	
Points: 2	Points Plus: 2	Cholesterol: 13	Carbohydrates: 12 g	
Sodium: 241 mg	Dietary Fiber: 2 g	Sugars: 2 g	Protein: 6 g	

## Ingredients

- 1 (large) zucchini, cut into 1/8" - 1/4" slices
- 1/3 cup whole grain breadcrumbs, optional Panko ([homemade breadcrumb recipe](#))
- 1/4 cup finely grated parmesan cheese, reduced fat
- 1/4 teaspoon black pepper
- Kosher or sea salt to taste
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 3 tablespoons low-fat milk

## Directions

1. Preheat oven to 425 degrees.
2. Combine in a small mixing bowl, breadcrumbs, parmesan cheese, black pepper, salt, garlic powder, and cayenne pepper. Dip zucchini slices into milk and dredge into bread crumbs to coat both sides. Note: It may be necessary to press crumbs onto zucchini slices to ensure the crumbs stick.
3. Arrange zucchini on a non-stick cookie sheet and lightly mist with a non-stick cooking spray. We use [Cassio Oil Spray Pump](#). Or, place zucchini on a wire rack sprayed with non-stick cooking spray.
4. If using a rack, place rack on a cookie sheet. Bake 15 minutes, turn over and continue baking until golden, approximately 10-15 minutes (being careful not to burn). Allow to cool to room temperature before storing in an airtight container.

NOTE: Zucchini Chips will continue to get crispier while cooling.

NOTE: For gluten free chips, use gluten-free bread crumbs.