

Zucchini Parmesan Crisps

yield: 1-2 persons

Recipe: [Ellie Krieger from Food Network](#)

Ingredients:

1 medium zucchini (about 200g/7oz)
1 tablespoon oil olive
¼ cup plain bread crumbs
¼ cup grated parmesan cheese
pinch of salt
pinch of black pepper
cooking spray

Directions:

Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray (I lined the baking sheet with a parchment paper and then coated with cooking spray).

Slice the zucchini into 1/4-inch/4-5mm thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet.

Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.

Enjoy!:)

Read more at: [Food Network Website](#)

