Zucchini Parmesan Rounds

1 fresh zucchini

1/3 cup milk

1/2 cup parmesan cheese

½ teaspoon salt

¼ teaspoon pepper

1/2 cup pizza sauce

1/3 cup shredded mozzarella cheese

1. Preheat the oven to 450 degrees and lightly spray a sheet pan with oil.
2. Slice zucchini into thin even slices, take your time and make them even, this will help with proper cooking.
3. Place milk in a small bowl and set aside, in another small bowl place parmesan cheese, salt and pepper and thoroughly mix. (use the cereal bowls)
4. Dip slices of zucchini into milk, drain slightly, and then dip into cheese mixture to completely coat both sides. Do one at a time to make sure you get a good coating.
5. Place each piece on the sheet pan you have prepared, when all pieces have been coated, bake for 7 to 10 minutes with nothing on then to crisp up zucchini.
6. Remove from the oven and coat each piece with a teaspoon of sauce and sprinkle on some mozzarella cheese.
7. Return the tray to the oven to melt the cheese. This may take 3 to 5 minutes more.
8. Remove from the oven and eat. You can dip them in any extra sauce you may have.
9. Clean up and enjoy.