

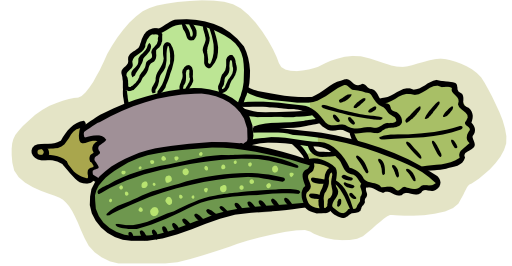
Baked Zucchini Chips

Prep time: 5 minutes **Cook time:** 10 minutes

Ready in: 15 minutes **Serving Size:** 4 servings

Ingredients:

- 2 medium zucchini, cut into ¼-inch slices
- 1/8 tsp ground black pepper
- ½ cup crushed Corn Chex
- 2 tbsp grated parmesan cheese
- 2 egg whites



Directions:

1. Preheat the oven to 475°F.
2. In a zip-lock bag, crush Corn Chex to crumbs with a rolling pin (Or rolling pin like item).
3. In a small bowl, stir together the Chex crumbs, pepper, and parmesan cheese.
4. Place the egg whites in a separate bowl. Dip the zucchini slices into the egg whites and then coat with the crumb mixture.
5. Place on a greased baking sheet. Bake for 5 minutes in the preheated oven on one side and then turn each slice over to bake for 5 minutes, until brown and crispy. (Baking may take a few minutes longer on each side)
6. Once cooled they are ready to serve!

****Tip: Zucchini.** Zucchini contains vitamin C which is a powerful antioxidant that has anti-inflammatory properties. They can help to prevent disease, lower homocystine levels from regular intake and contain a high amount of water.

Nutrition Facts (per serving):

Calories: 49

Fat: 1g

Cholesterol: 2mg

Sodium: 112mg

Carbohydrates: 7g

Fiber: 1g

Sugar: 2g

Protein: 4g

Attributed to allrecipes.com; Modified by Emily Madden; 2013 Dietetic Student

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