



CRISPY ZUCCHINI COINS

Basic Lifestyle

Ingredients

1/2 cup low-sodium or sodium-free-seasoned breadcrumbs (or Kellogg's corn flake crumbs)
3 TBS grated Parmesan cheese
1/4 teaspoon pepper
3 cups thinly sliced zucchini (about 1 pound)
2 egg whites, lightly beaten
Cooking spray

Instructions

1. Preheat oven to 450°.
2. Combine first 3 ingredients; stir well.
3. Dip the zucchini slices in egg whites; dredge in breadcrumb mixture.
4. Place zucchini in a single layer on a baking sheet coated with cooking spray. Bake at 450° for 20 minutes. Turn zucchini over; bake an additional 15 minutes or until outside is crispy and browned.

Portion-Per-Serving Information (Serves 4):

1 serving = 3/4 cup = 1-1/2 V, 1/2 G