



## Crispy Zucchini Coins

Basic Lifestyle

### INGREDIENTS

1/2 cup seasoned breadcrumbs or Panko (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

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

**SERVING INFO:** (Serves 4)

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

See photo of this recipe at [Instagram](#) and [Facebook](#).