



## Parmesan Zucchini Chips

Five simple ingredients combine to make a tasty vegetable snack everyone will enjoy.

**Ages:** 6–18 years

**Makes:** 6 servings

**Prep time:** 20 minutes

**Cook time:** 20 minutes

### *the* INGREDIENTS

**Nonstick cooking spray**

**1 cup** whole-wheat breadcrumbs

**2 tsp** Italian seasoning, dried

**2¼ Tbsp** parmesan cheese, grated

**7½ cups (1 lb 12½ oz)** zucchini, fresh, unpeeled, ¼" sliced, round (gently wash zucchini under running water before cutting)

**¼ cup + 2 Tbsp** mayonnaise, reduced-fat

### *the* DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Line baking sheets with foil or parchment paper and spray with nonstick cooking spray.
4. In a small bowl, combine breadcrumbs, Italian seasoning, and parmesan cheese. Stir until well-blended.
5. In a separate bowl, combine zucchini rounds and mayonnaise. Stir until all rounds are coated.
6. Add breadcrumb mixture and stir until all rounds are coated.
7. Place zucchini rounds in a single layer on prepared baking sheet. Sprinkle any remaining breadcrumb mixture on top of zucchini rounds.
8. Bake until golden brown and crispy, about 20 minutes. Heat to 140 °F or higher for at least 15 seconds.
9. Serve ¾ cup. Serve immediately, or keep warm at 140 °F or higher.

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## NUTRITION INFORMATION

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¾ cup Parmesan Zucchini Chips

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>138</b>
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<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	7 mg
<b>Sodium</b>	<b>313 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	2 g
Total Sugars	4 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>6 g</b>
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Vitamin D	N/A
Calcium	110 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

*Source:* Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

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## CACFP CREDITING INFORMATION

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¾ cup vegetable

¾ oz eq grains 

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## CHEF TIPS

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- **Contains eggs (mayonnaise) and wheat (breadcrumbs).** Breadcrumbs can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (breadcrumbs) and may be included in ingredient statements as “spice” or “flavoring.”
- Can substitute regular breadcrumbs for whole-wheat breadcrumbs.
- Prepare recipe for same day service to maintain quality.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Serve a variety of foods during the week to balance out an occasional snack that may be higher in sodium.