



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

¾ cup Parmesan Zucchini Chips

Nutrients	Amount
Calories	138
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Total Fat	5 g
Saturated Fat	1 g
Cholesterol	7 mg
Sodium	313 mg
Total Carbohydrate	19 g
Dietary Fiber	2 g
Total Sugars	4 g
Includes Added Sugars	N/A
Protein	6 g
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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

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CACFP CREDITING INFORMATION

¾ cup vegetable

¾ oz eq grains 

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CHEF TIPS

- **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.