




Parmesan Zucchini Chips

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

AGES: 6–18 years
PREP TIME: 2 hours
COOK TIME: 30 minutes

CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup vegetable
 $\frac{3}{4}$ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Nonstick cooking spray		5 sprays		10 sprays	3 Line sheet pans (18" x 26" x 1") with foil or parchment paper and spray with cooking spray. For 25 servings , use 5 pans. For 50 servings , use 10 pans.
Breadcrumbs, whole-wheat	540 g	1 qt	1080 g	2 qt	4 In a small bowl, combine breadcrumbs, Italian seasoning, and parmesan cheese. Stir.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Italian seasoning, dried		2 Tbsp + 1 tsp		⅓ cup	
Parmesan cheese, grated	5 oz	1 ½ cups	10 oz	3 cups	
Zucchini, fresh, unpeeled, ¼" sliced, rounds* (gently wash zucchini under running water before cutting)	7 lb 7 oz	2 gal	14 lb 14 oz	4 gal	5 In an extra-large bowl(s) or 4" steam table pan(s), combine zucchini rounds and mayonnaise. Stir until all rounds are coated.
Mayonnaise, reduced-fat	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
					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 30 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.

*See Marketing Guide



NUTRITION INFORMATION

¾ cup Parmesan Zucchini Chips


NUTRIENTS	AMOUNT
Calories	138
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
Vitamin D	N/A
Calcium	110 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

***MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Zucchini, fresh	7 lb 12 oz	15 lb 8 oz

NOTES

- **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.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Prepare recipe for same day service to maintain quality.
- Serve a variety of foods during the week to balance out an occasional snack that may be higher in sodium.

WEIGHT/YIELDS

25 Servings	50 Servings
4 lb 11 ½ oz	9 lb 6 oz
1 gal 2¾ cups Parmesan Zucchini Chips	2 gal 1 qt 1 ½ cups Parmesan Zucchini Chips

