




# Parmesan Zucchini Chips

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

**AGES:** 3–5 years  
**PREP TIME:** 2 hours  
**COOK TIME:** 30 minutes

**CACFP CREDITING INFORMATION**

½ cup vegetable  
 ¼ oz eq grains 

**SOURCE**

Team Nutrition CACFP Easy Recipe Project  
[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>1</b> Wash hands with soap and water for at least 20 seconds.
					<b>2</b> Preheat oven to 400 °F.
Nonstick cooking spray		3 sprays		5 sprays	<b>3</b> Line sheet pans with foil or parchment paper and spray with nonstick cooking spray. <b>For 25 servings</b> , use 2 full sheet pans (18" x 26" x 1") and 1 half sheet pan (18" x 13" x 1"). <b>For 50 servings</b> , use 5 full sheet pans (18" x 26" x 1").
Breadcrumbs, whole-wheat	325 g	2¼ cups + 2 Tbsp	650 g	1 qt + ¾ cup	<b>4</b> In a large bowl, combine breadcrumbs, Italian seasoning, and parmesan cheese. Stir.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Italian seasoning, dried		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	
Parmesan cheese, grated	3 oz	1 cup	6 oz	2 cups	
Zucchini, fresh, unpeeled, ¼" sliced, rounds* (gently wash zucchini under running water before cutting)	5 lbs	1 gal + 1 qt + 1 cup	10 lbs	2 gal + 2 qt + 2 cups	<b>5</b> In an extra-large bowl or a 4" steam table pan, combine zucchini rounds and mayonnaise. Stir until all rounds are coated.
Mayonnaise, reduced-fat	8 oz	1 cup	1 lb	2 cups	
					<b>6</b> Add breadcrumb mixture and stir until all rounds are coated.
					<b>7</b> Place zucchini rounds in a single layer on prepared baking sheet. Sprinkle any remaining breadcrumb mixture on top of zucchini rounds.
					<b>8</b> Bake until golden brown and crispy, about 30 minutes. Heat to 140 °F or higher for at least 15 seconds.
					<b>9</b> Serve ½ cup (4 oz server). Serve immediately, or keep warm at 140 °F or higher.

\*See Marketing Guide



**NUTRITION INFORMATION**

½ cup Parmesan Zucchini Chips


<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>92</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	5 mg
<b>Sodium</b>	<b>217 mg</b>
<b>Total Carbohydrate</b>	<b>12 g</b>
Dietary Fiber	1 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	66 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**\*MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Zucchini, fresh	5 lb 3½ oz	10 lb 6¾ 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.

**WEIGHT/YIELDS**

<b>25 Servings</b>	<b>50 Servings</b>
3 lb 1¾ oz	6 lb 4⅛ oz
3 qt ½ cup Parmesan Zucchini Chips	1 gal 2 qt 1 cup Parmesan Zucchini Chips