

Golden Zucchini Coins

Zucchini is plentiful in the summer and can be prepared many ways. And with only a few ingredients your shopping is done in a jiffy.

Serves: 4

Serving size: ½ cup

6 small or 2 medium zucchini
½ cup grated Parmesan cheese
½ tsp garlic powder
Olive oil or canola spray

Directions:

1. Preheat oven to 450°F and spray a large baking sheet with cooking spray.
2. Cut each of the zucchini into ¼ inch rounds.
3. In a small bowl, mix together the parmesan cheese and garlic powder.
4. Place the coins on the baking sheet so they are not touching.
5. Sprinkle with the cheese mixture.
6. Spray the coins with the cooking spray.
7. Bake until the cheese is browned. The coins will still be crisp tender.

Per serving (4 servings): 60 calories, 5g protein, 3g fat (2g saturated), 5mg cholesterol, 2g fibre, 4g sugar, 115mg sodium

% Daily Value: Vitamin A 8%, Vitamin C 50%, Calcium 8%, Iron 4%

