



Catholic Health Initiatives

Imagine better health.®

Zucchini Chips*

Serves 4

Prep/cooking time:

Approximately 15 minutes

Ingredients:

- 1 medium uncooked zucchini, sliced
- 1 egg
- 2 sticks Weight Watchers Light smoked flavored mozzarella string cheese, grated
- 1/4 cup panko breadcrumbs
- 1/4 tsp. table salt
- 1/4 tsp. black pepper
- 1/4 tsp. paprika, sweet



Kid Friendly

Directions:

Preheat oven to 425 degrees. Coat a large baking sheet with non-stick cooking spray. Slice zucchini into 1/4-inch thick rounds. In a small bowl whisk the egg. In a separate shallow dish combine the grated, smoked string cheese with the panko breadcrumbs, salt, pepper, and paprika. Dip each zucchini round into the egg, then into the cheese – panko mixture, pressing to coat evenly on both sides and transfer to prepared baking sheet. Bake the zucchini chips until golden and crisp, about 15 minutes. Remove with a spatula. Serve immediately.

**2 SmartPoints*

Harvest of the Month
zucchini