

Parmesan Zucchini Crisps

- Zucchini (however much you want)
 - Grated Parmesan cheese
 - Breadcrumbs (Italian seasoned whole wheat are really tasty)
 - Extra virgin olive oil
 - Sea salt (or kosher salt)
 - Pepper to taste
1. Wash and cut zucchini into rounds. Put zucchini rounds in a bowl and coat with a thin layer of olive oil. In another bowl, mix an equal amount of breadcrumbs and Parmesan cheese, then stir well until mixed. Add in a dash of salt and pepper to taste. Coat each zucchini round, front and back, in breadcrumb mixture and place on a greased cookie sheet.
 2. Bake at 450 for about 15 minutes or until golden brown. Serve warm!

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

Parmesan Zucchini Crisps

- Zucchini (however much you want)
 - Grated Parmesan cheese
 - Breadcrumbs (Italian seasoned whole wheat are really tasty)
 - Extra virgin olive oil
 - Sea salt (or kosher salt)
 - Pepper to taste
1. Wash and cut zucchini into rounds. Put zucchini rounds in a bowl and coat with a thin layer of olive oil. In another bowl, mix an equal amount of breadcrumbs and Parmesan cheese, then stir well until mixed. Add in a dash of salt and pepper to taste. Coat each zucchini round, front and back, in breadcrumb mixture and place on a greased cookie sheet.
 2. Bake at 450 for about 15 minutes or until golden brown. Serve warm!

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

Parmesan Zucchini Crisps

- Zucchini (however much you want)
 - Grated Parmesan cheese
 - Breadcrumbs (Italian seasoned whole wheat are really tasty)
 - Extra virgin olive oil
 - Sea salt (or kosher salt)
 - Pepper to taste
1. Wash and cut zucchini into rounds. Put zucchini rounds in a bowl and coat with a thin layer of olive oil. In another bowl, mix an equal amount of breadcrumbs and Parmesan cheese, then stir well until mixed. Add in a dash of salt and pepper to taste. Coat each zucchini round, front and back, in breadcrumb mixture and place on a greased cookie sheet.
 2. Bake at 450 for about 15 minutes or until golden brown. Serve warm!

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

Parmesan Zucchini Crisps

- Zucchini (however much you want)
 - Grated Parmesan cheese
 - Breadcrumbs (Italian seasoned whole wheat are really tasty)
 - Extra virgin olive oil
 - Sea salt (or kosher salt)
 - Pepper to taste
1. Wash and cut zucchini into rounds. Put zucchini rounds in a bowl and coat with a thin layer of olive oil. In another bowl, mix an equal amount of breadcrumbs and Parmesan cheese, then stir well until mixed. Add in a dash of salt and pepper to taste. Coat each zucchini round, front and back, in a breadcrumb mixture and place on a greased cookie sheet.
 2. Bake at 450 for about 15 minutes or until golden brown. Serve warm!

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed