



Parmesan Zucchini Coins

Servings 4 | Prep time 10 mins. | Total time 30 mins.

Equipment:

Baking sheet
Parchment paper or non-stick spray
Cutting board

Utensils:

Knife
Measuring spoons and cups
Tongs (optional)

Ingredients

Non-stick spray
2 small zucchinis
1/4 cup grated Parmesan cheese
2 cloves garlic, minced OR 2 teaspoons garlic powder
1 tablespoon olive oil OR vegetable oil
1 teaspoon dried oregano
1/2 teaspoon salt (optional)
1/4 teaspoon black pepper

Nutritional Information:

Calories 80
Total Fat 5g
Sodium 120mg
Total Carbs 5g
Protein 3g

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat the oven to 425 degrees. Line a baking sheet with parchment paper or spray with non-stick spray.
3. Cut zucchini into thick coins and then in half again to form a half-moon shape.
4. Add zucchini to baking sheet. Use your hands or tongs to toss together olive oil, minced garlic, oregano, black pepper, and salt (if using).
5. Spread the zucchini slices out on the baking sheet in a single layer and sprinkle with Parmesan cheese.
6. Bake for 15 minutes.
7. Switch the oven to broil, and bake for another 4 minutes, or until zucchini wedges are golden brown.