Oven Baked Zucchini Chips

**Why hit the vending machine when you can have a yummy superfood snack, like Oven Baked Zucchini Chips?**Zucchini is one of our vegetable favorites. With the perfect combination of seasonings, this recipe turns a mild-flavored vegetable into a tasty, crunchy treat. Skip the processed bag of chips, and replace it with these fantastic Oven Baked Zucchini Chips. They’re only 99 calories per serving!

We use [**The Fine Life Oil Minster Pump**](http://www.amazon.com/gp/product/B00LZ7A2TG?ie=UTF8&camp=1789&creativeASIN=B00LZ7A2TG&linkCode=xm2&tag=skims01-20)when making the Oven Baked Zucchini Chips.

**Oven Baked Zucchini Chips**

*Yields: 4 servings | Calories: 99 | Total Fat: 3 g | Saturated Fat: 2 g | Trans Fat: 0 g | Cholesterol: 13 | Carbohydrates: 12 g | Sodium: 241 mg | Dietary Fiber: 2 g | Sugars: 2 g | Protein: 6 g | SmartPoints: 3 |*

**Ingredients**

* 1 (large) zucchini, cut into 1/8" - 1/4" slices
* 1/3 cup whole grain breadcrumbs, optional Panko ([homemade breadcrumb recipe](http://skinnyms.com/homemade-bread-crumbs/))
* 1/4 cup finely grated parmesan cheese, reduced fat
* 1/4 teaspoon black pepper
* Kosher or sea salt to taste
* 1/8 teaspoon garlic powder
* 1/8 teaspoon cayenne pepper
* 3 tablespoons low-fat milk

**Directions**

Preheat oven to 425 degrees.

Combine in a small mixing bowl, breadcrumbs, parmesan cheese, black pepper, salt, garlic powder, and cayenne pepper. Dip zucchini slices into milk and dredge into bread crumbs to coat both sides. **Note:** It may be necessary to press crumbs onto zucchini slices to ensure the crumbs stick.

Arrange zucchini on a non-stick cookie sheet and lightly mist with a non-stick cooking spray.

If using a rack, place rack on a cookie sheet. Bake 15 minutes, turn over and continue baking until golden, approximately 10-15 minutes (being careful not to burn). Allow to cool to room temperature before storing in an airtight container.

TIP: Zucchini Chips will continue to get crispier while cooling.

NOTE: For gluten free chips, use gluten-free bread crumbs.

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