

# Cheese Please!



Adding *cheese* may help children eat more fruits and vegetables.

[dairymakessense.com](http://dairymakessense.com)



# Crispy Zucchini Slices

**Servings:** 5

**Prep time:** 15 minutes

**Cook time:** 10 minutes

## Ingredients:

Non-stick cooking spray

3 medium to large zucchini

1 tablespoon olive oil

$\frac{1}{4}$  cup grated Parmesan cheese

$\frac{2}{3}$  cup corn flake cereal crumbs

$\frac{1}{8}$  teaspoon black pepper to taste



## Directions:

1. Preheat oven to 450 degrees.
2. Lightly coat a baking sheet with non-stick cooking spray.
3. Slice zucchini into  $\frac{1}{4}$ -inch thick rounds, leaving green peel on.
4. Place rounds in a resealable plastic bag with olive oil; shake to coat all sides.
5. Combine parmesan cheese, cereal crumbs, and pepper in a small bowl. Press zucchini rounds into the parmesan mixture, coating on both sides.
6. Place in a single layer on prepared baking sheet.
7. Bake until browned and crisp, about 10 minutes.
8. Remove from baking sheet and serve warm.

**Nutrition Facts Per Serving:** Calories: 110 Total Fat: 4.5 g Saturated fat: 1 g  
Cholesterol: 5 mg Sodium: 150 mg Carbohydrates: 14 g Dietary Fiber: 1 g  
Protein: 4 g Calcium: 6% Daily Value

This recipe card is printed with permission by the Midwest Dairy Council.

Missouri Department of Health and Senior Services • 573-751-6204 • [health.mo.gov/wic](http://health.mo.gov/wic)  
An equal opportunity/affirmative action employer. Services provided on a nondiscriminatory basis.  
USDA is an equal opportunity provider and employer.



WIC-823 (12/14)