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

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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
¼ cup grated Parmesan cheese
½ cup corn flake cereal crumbs
⅛ 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 ¼-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