



Easy Zucchini Chips Parmesan or Herb

Making tender or crispy zucchini chips in 30 minutes IS possible. No peeling is necessary, and you can make them with any combination of cheese, herbs, and/or garlic. Baking them for 20 minutes total leaves them just a bit tender, while 25 minutes or so in the oven makes them crispier; when they're this thin, even crispy works as braces-friendly.

One 7-to-8-inch zucchini makes one cookie sheet full (about 48 slices).

Two step baking: 400 degrees for 15 minutes, then turn down to 200 degrees for 5 to 10 minutes more. Preheat oven for best results.

Vegetable oil in spray form (canola or olive are both great)

1 (7-to-8-inch) zucchini (I try to find them about 1 ½-inch diameter, but anything works),
unpeeled

Your choice:

½ cup shredded Parmesan cheese

AND/OR

1 ½ to 2 Tablespoons ground dried herbs (rosemary, oregano, or Italian herb mix)

(Optional): **1 Tablespoon garlic powder**

- 1) Spray a large cookie sheet with the oil.
- 2) Slice zucchini into 1/8-inch thick slices (I checked and this is the thickness of two nickels!)
- 3) Lay slices on cookie sheet and spray the tops lightly with oil.
- 4) Sprinkle slices with your choice of Parmesan cheese and/or herbs and/or garlic powder.
- 5) Bake at 400 degrees for 15 minutes; then, leaving cookie sheet in, turn oven down to 200 degrees and bake an additional 5 to 10 minutes. (Check them at 5 minutes to see if that's how you like them; if you want them crispier, go for the full 10 minutes).

HINT: A slicing tool called a mandolin is *fabulous* for this kind of recipe; I recently got one as a gift and now ask, where has this been all my life? Otherwise, a sharp chopping knife works, too.