Zucchini Chips

1 (large) zucchini, cut into 1/8" - 1/4" slices

1/3 cup whole grain breadcrumbs, optional Panko

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

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.

Bake 10 minutes, turn over and continue baking until golden, approximately 10 minutes (being careful not to burn).

Allow to cool to room temperature before storing in an airtight container.