

Parmesan Zucchini Crisps

There are two ingredients you can use a LOT to create bariatric friendly recipes: zucchini and grated parmesan cheese.

Ingredients:

- 1 large zucchini
- 1 cup reduced fat grated parmesan cheese
- 2 eggs, beaten
- 1/4 tsp each salt and pepper



Preparation:

1. Preheat oven to 425F.
2. Washing and thinly slice zucchini into thin chips.
3. Pour the eggs in a small bowl and whisk. Dip the slices in the egg.
4. Roll the egg coated slices in the parmesan cheese.
5. Cover a cookie sheet with foil or use a baking stone. Distribute zucchini slices evenly.
6. Sprinkle with salt and pepper.
7. Bake for 10-12 minutes, then flip and bake another 10-12 minutes.

This recipe makes 4 servings. Each serving provides an estimated 9 grams protein, 7 grams carbohydrate and 5 grams fat.