

## Parmesan Summer Squash Crisps

**Yields:** 4 servings as a side dish or appetizer

**Prep time:** 5-10 minutes

**Cook time:** 20-25 minutes

### Ingredients:

- 2 medium zucchini or yellow squash (or a combination)
- 1½ cups grated Parmesan cheese (or your preferred type)
- ¼ to ½ teaspoon garlic powder
- Black pepper
- Olive oil spray



### Instructions:

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius). Line a large baking sheet (or two smaller sheets) with parchment paper.
2. Wash zucchini or squash and slice into thin rounds. For a crispier texture, slice thinly; thicker rounds will result in a softer consistency.
3. Distribute ¾ of the Parmesan cheese evenly over the prepared baking sheet.
4. Arrange zucchini rounds in a single layer atop the Parmesan cheese.
5. Lightly mist the zucchini rounds with olive oil spray.
6. Sprinkle the remaining Parmesan cheese over the zucchini rounds.
7. Sprinkle the garlic powder and black pepper to taste.
8. Bake for 20 to 25 minutes, or until cheese is golden brown and bubbly.
9. Remove from oven and let cool slightly. Gently lift the edges of the Parmesan crisp and break into pieces. Serve immediately.

### Additional Tips:

- For a more robust flavor, consider using a combination of Parmesan and Pecorino Romano cheeses.
- Experiment with different herbs and spices to customize the flavor profile of your Parmesan zucchini crisps.

### Nutrition Information Per Serving

Serving Size: 1/4 recipe

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Calories: 100-150 calories

Carbohydrates: Approximately 5-10 grams

Fat: Approximately 5-10 grams (mostly from Parmesan cheese)

Protein: Approximately 5-7 grams (mostly from Parmesan cheese)

Fiber: Approximately 1-2 grams

*Disclaimer: Nutritional information is calculated using advanced software and comprehensive food databases. Actual nutrient values may vary based on specific ingredient amounts, types, and brands.*