

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Baked Parmesan Zucchini Rounds

From www.fivehearthome.com

Serves 2-4

2 medium zucchini

½ cup grated Parmesan cheese

Garlic salt and freshly ground black pepper, optional

1. Place oven rack in center position of oven. Preheat to 425°. Line a baking sheet with foil (lightly mist with cooking spray) or parchment paper.
2. Wash and dry zucchini, and cut into ¼-inch thick slices. Arrange zucchini rounds on prepared pan, with little to no space between them. If desired, lightly sprinkle zucchini with garlic salt and freshly ground black pepper. Use a small spoon to spread a thin layer of Parmesan cheese on each slice of zucchini.
3. Bake for 15 to 20 minutes, or until Parmesan turns a light golden brown. Serve immediately.