

Zucchini Flats (4 servings)

2 large zucchini, cut into ½ inch rounds – salt lightly and place on paper towels

Mayonnaise

Seasoned bread crumb mixture (use your favorite or try this version)

1 C. panko or bread crumbs

¼ C. grated parmesan cheese

½ teas. garlic powder

½ teas. dry oregano or 1 T. fresh, minced

1 T. minced parsley

½ teas. red pepper (optional)

1. Preheat oven to 400°.
2. Spray baking sheet with cooking spray.
3. Coat each zucchini slice lightly with mayonnaise and dip into crumb mixture.
4. Place on baking sheet and bake until browned, 10 to 15 minutes – may have to flip the flats to brown both sides.

Even picky vegetable eaters usually like Flats. Works for eggplant, too.