



Squash Chips

Ingredients

- 4 yellow squash
(small to medium)
(sliced in ¼" to ½" rounds)
- 3 tbs olive oil
- * salt & fresh ground pepper
- 1 cup cracker crumbs
- 1 cup grated Parmesan cheese
- 1 tsp dried oregano
- 1 tsp garlic powder
- cooking spray
(organic olive oil)
- serve with non-fat plain yogurt

Instructions

- Preheat oven to 450°.
- Line 3 baking sheets with parchment paper and set aside.
- In a large mixing bowl, combine squash, olive oil, salt and pepper; mix until well combined.
- In a separate bowl, combine panko (bread or cracker) crumbs, Parmesan cheese, oregano, and garlic powder.

Dip slices of squash in cheese mixture and coat on both sides, pressing on the coating to stick.

Place the squash in a single layer on the previously prepared baking sheet.

Lightly spray each slice with cooking spray. This will help with achieving a crunchier texture.

Bake for 10 minutes.

Remove from oven; gently flip over all the slices, lightly spray with cooking oil and bake for 8 more minutes, or until chips are golden brown.

Remove from oven; transfer to a serving plate and serve with a dollop of non-fat plain yogurt.