

Easy Parmesan Zucchini

submitted by rlreza



Per serving: 185 Calories • 15.1g Carbs (2.9g Fiber) • 11.4g Fat • 7.7g Protein

Ingredients

Ingredients scaled to: 4 serving

- 5 medium **Zucchini** (980 grams)
- 2 tbsp **Olive oil** (27 grams)
- 1/2 tsp **Salt** (3 grams)
- 1/2 cup **Parmesan cheese** (50 grams)
- 1/4 cup **Bread crumbs** (30 grams)
- 1 tsp **Garlic powder** (3.1 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Preheat the oven to 350 degrees F.
2. Clean the medium zucchinis well, cut the ends off, and slice them lengthwise into quarters so that you have eight pieces.
3. Coat the bottom of a baking dish with the olive oil and place the zucchini pieces in the dish.
4. Sprinkle with the seasoning salt and then with the Parmesan cheese, bread crumbs, and garlic powder.
5. Place uncovered in the oven and bake for 20 minutes.
6. Serve two pieces to each person as a side dish, and enjoy!