



### Baked Zucchini Chips

- 1 zucchini
- canola cooking spray
- seasoned salt, or other seasoning(s) of your choice\*

Preheat oven to 225 degrees Fahrenheit. Line a baking sheet with parchment paper or nonstick foil, and spray with canola oil. Set aside.

Slice zucchini into thin medallions, about the thickness of a quarter. (You can either use a knife & a very steady hand, or a mandolin slicer.)

Lay out slices on prepared baking sheet, and spray tops lightly with additional cooking spray. Sprinkle with seasonings of your choice. (A note on seasoning, however - use LESS than what seems appropriate. These shrink considerably in the oven, and if you use too much it gets very concentrated. It's better to end up under seasoning and add more later.)

*\*And the seasoning possibilities are endless - you can tailor them to your liking. Garlic, paprika, chili powder...use your imagination! I went with a basic Seasoned Salt and they came out great. But whatever you choose, just make sure you go easy on the seasonings, and only use a little bit - these do shrink a lot in the oven, so what looks like a reasonable amount on the raw veggies could turn out to be way too much!*

Place in preheated oven and bake 45 minutes. Rotate baking sheet, and bake an additional 30-50 minutes, until chips are browned and crisped to your liking. These are best eaten within a couple hours of removing from the oven, as they start to get chewy if left out. One zucchini makes one serving (1/4 C. - 1/3 C. of chips depending on the size of your squash).

Source: <http://vittlesandbits.blogspot.com>