

FEATURED RECIPE

Ingredients:

1 zucchini
Olive oil
1 clove garlic, minced
1/8 tsp salt
1/2 c shredded fresh
Parmesan cheese
1 tsp lemon pepper



Zucchini Wheels // Serves 4

I make this side dish often when the zucchini is in full swing. It's easy and tasty. Recently, I topped my favorite cracker with the zucchini wheels and it was superb! The contrast of texture—soft and crunchy—was perfect for an appetizer.

Optional:

Whole grain crackers
Ranch dressing

Slice zucchini into 1/4 to 1/2 inch thick rounds. To serve as an appetizer, choose zucchini that have a diameter approximately equal to the cracker on which you wish to serve. Spread zucchini slices on a baking sheet. Drizzle with a little olive oil. Sprinkle with salt, minced garlic and top each with shredded parmesan cheese. Sprinkle with lemon pepper. Bake in 350°F oven until zucchini is soft and cheese melted. If desired, finish off under the broiler to brown the cheese. Place each zucchini wheel on a cracker and serve. Optional: drizzle with ranch dressing.

These may also be served as a side vegetable without the crackers. They are wonderful served over rice or multi-grain pilaf.



Suzie DuPuis RD
Registered Dietician