

Spiced Parmesan Zucchini Chips



For this tasty, crunchy snack, you can use your leftover zucchini, or why not try with beetroot or sweet potato to mix it up?

Ingredients

2 medium zucchinis

1/3 cup parmesan cheese, grated

1/4 tsp onion powder

1/4 tsp garlic powder

1/4 tsp ground cumin

1/2 tsp smoked paprika

1 tsp dried oregano

1/2 tsp salt

2 egg whites, beaten

1/2 cup polenta

olive oil cooking spray

Method:

1. Preheat the oven 160C fan-forced.
2. Slice zucchinis into 1cm discs with a mandolin. Press discs onto paper towels to remove excess moisture.
3. In a bowl, combine the zucchini discs with beaten egg whites until well coated.
4. In another bowl, mix the polenta, parmesan, cumin, oregano, onion and garlic powder, smoked paprika, salt and pepper. In batches, shake off any excess egg white and dredge the zucchini into the polenta mixture, pressing lightly so it sticks.
5. On a baking tray lined with greaseproof paper, arrange the zucchinis in one even layer making sure they do not overlap. Coat with olive oil spray and bake in the oven for 15 minutes or until golden brown. Remove from the oven, flip zucchinis over, giving another light coat of olive oil and cook for a further 15 minutes.
6. Remove from heat, let it cool slightly and serve.