

Roasted Parm Zucchini

By Audrey Plant

Ingredients

2 medium zucchinis, sliced 1/2 inch thick

1/2 teaspoon salt

1/2 teaspoon garlic powder

1/4 teaspoon freshly ground black pepper

1/4 red pepper flakes (optional)

1 1/2 tablespoon extra virgin olive oil

2 tablespoons grated Parmigiano Reggiano, reserve 1 tablespoon for sprinkling

Instructions

1. Preheat the oven to 425 F. Using a sheet pan with a wire rack, lightly spray the wire rack with non-stick cooking spray.
2. In a medium mixing bowl add sliced zucchini, salt, garlic powder, pepper, red pepper flakes, and olive oil. Toss until evenly coated. Add 1 tablespoon of grated Parmigiano Reggiano.
3. Place zucchini slices onto the wired rack. Sprinkle the remaining tablespoon of Parmigiano Reggiano on top of each of the zucchini slices.
4. Place sheet pan into the oven and bake for 25-30 minutes until golden brown and slightly crispy. The cheese will be browned.

Notes:

1. Adjust the recipe for larger quantities. This recipe will serve up to 2-3 people.
2. Do not cut the zucchini too thin as the slices will shrink in the oven as the water cooks out.