



June 5- Parmesan Zucchini

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2718>

Recipe

Ingredients:

- 1 cup sliced zucchini
- 1 Tablespoon shredded Parmesan cheese
- 10 squirts butter spray (or 1 Tablespoon butter)

Directions:

1. Line a cookie sheet with aluminum foil, then coat with cooking spray.
2. Place the zucchini slices out on the pan, and squirt them with spray.
3. Sprinkle on the parmesan cheese and put it oven.
4. Broil for a few minutes or until the cheese starts to brown.

Yield 1 serving

Nutrition Facts	
Serving Size 1 serving (120g)	
Servings Per Container 1	
Amount Per Serving	
Calories 45	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 115mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 3g	7%
Vitamin A 6%	• Vitamin C 35%
Calcium 8%	• Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	