

Zucchini Bites

Serves: 8

Ingredients

Cooking spray	1/2 tsp. garlic salt
2 medium zucchini, cut into 3/4 -inch rounds	1/2 tsp. paprika
1/2 cup reduced-fat baking mix	2 Tbsp. grated Parmesan cheese

Preheat oven to 350 degrees.

Heat a cast-iron skillet or cookie sheet in oven for 2 minutes. Remove from oven.

Spray both sides of zucchini slices with cooking spray. Coat with baking mix.

Place zucchini slices in skillet or on cookie sheet and sprinkle with garlic salt, paprika, and Parmesan cheese.

Bake for 15 minutes until lightly browned.

Serve immediately.

Per serving: 60 calories, 2.5 g fat.