

CRISPY ZUCCHINI COINS

Crispy Zucchini Coins

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving= 1/3 cup zucchini and about 2 Tablespoons sauce)

Nutrition (per serving)

Calories: 120	Total Carbohydrate: 13
Total Fat: 6 g	Dietary Fiber: 1 g
Saturated Fat: 2 g	Protein: 4 g
Sodium: 190 mg	

Ingredients

- ¼ cup low fat buttermilk
- ¼ cup egg substitute or 1 egg
- ½ cup panko bread crumbs, plain (use gluten free for GF version)
- ½ cup bread crumbs, whole wheat, plain (use gluten free for GF version)

Sauce

- ½ cup light sour cream
- ½ cup light mayonnaise
- ¼ cup red bell pepper, finely chopped

- ¼ cup grate Parmesan cheese
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- ½ teaspoon cumin
- 3 medium zucchini, cut into 1/4-inch slices
- Cooking spray

- ¼ cup onion, finely chopped
- 2 Tablespoons lime juice, freshly squeezed
- 1 Tablespoon fresh cilantro, chopped

- 1 teaspoon garlic, minced

- 1 teaspoon apple cider vinegar

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a shallow bowl, combine buttermilk and egg substitute. In another shallow bowl, combine the bread crumbs, cheese, chili powder, garlic powder and cumin.
3. Dip zucchini in buttermilk mixture, then bread crumb mixture.
4. Place on baking sheets coated with cooking spray. Bake for 20-25 minutes or until golden brown, turning once.
5. In a small bowl, combine the sauce ingredients and stir. Serve with zucchini.