

# Panko Breaded Zucchini Chips

Vegan zucchini chips make a delicious snack or side dish. Free of eggs or dairy-based ingredients, these chips are perfect for vegans and vegetarians, take very little time to make, and are packed with flavor

## Nutrition Facts (per serving)

106	Calories
2g	Fat
19g	Carbs
5g	Protein

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(Nutrition information is calculated using an ingredient database and should be considered an estimate.)

## Ingredients (4 servings)

- 3/4 cup vegan breadcrumbs (panko)
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon seasoned salt
- 2 medium zucchinis, sliced 1/2-inch thick
- 1/3 cup soy milk, or another vegan milk substitute.

## Recipe:

- Gather the ingredients.
- Preheat the oven to 475 F and lightly grease a baking sheet with olive oil or nonstick cooking spray.
- In a large bowl, combine breadcrumbs, Italian seasoning, garlic powder, onion powder, and seasoned salt.
- Dip each slice of zucchini into the soy milk, then gently dredge each slice well with the seasoned breadcrumb mix, pressing gently to coat on both sides.
- Arrange the breaded zucchini slices in a single layer on the baking sheet.
- Bake for 5 to 10 minutes, or until lightly crisped.
- Turn the zucchini chips over and bake for another 5 minutes. Serve immediately