

Betty's Baked Zucchini Chips -- Recipe by Michelle Hopkins (Poanut)



Published on 27 Mar 2012

In this video, Betty demonstrates how to make Baked Zucchini Chips. This is a recipe that was sent in by Michelle Hopkins, a great viewer and friend of bettyskitchen from Alabama. Michelle goes by the user ID "poanut" on YouTube, in case you want to drop by her channel and comment on her terrific appetizer. These zucchini chips are crunchy and delicious—and healthy (baked, not fried)! They are great to serve as a snack for guests over the coming Easter holiday. Thanks, Michelle!

Ingredients:

- 2 zucchinis, unpeeled, or mostly unpeeled, and cut into ¼-inch slices
- 1 cup all-purpose flour
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 eggs (I started with 1 egg, but needed more.)
- 2 tablespoons milk (I started with 1 tablespoon milk, but needed more.)
- 1 small can French fried onions, crushed
- panko bread crumbs (Use an amount equal to the crushed French fried onions.)
- cooking oil spray

Cut 2 unpeeled zucchinis into ¼-inch slices. Set aside. Place 1 cup of all-purpose flour into a Ziploc bag. Add 1 teaspoon salt and ½ teaspoon black pepper. Close the bag and shake, until the flour is seasoned. Set aside. In a small bowl, whisk 2 eggs and add 2 tablespoons milk and set aside. (You may need to replenish this egg wash as you proceed.) In a Ziploc bag, crush together equal amounts of canned French fried onions and panko bread crumbs, and then place the mixture into a shallow dish and set aside. Spray a wire cooling rack with cooking oil spray and place it on top of a shallow baking pan. To make the zucchini chips, place several zucchini slices into the bag of seasoned flour and shake to coat. Place the coated zucchini slices in a shallow dish. Repeat until all zucchini slices are coated with seasoned flour. Now, use tongs or a spoon to dip individual floured zucchini slices into egg wash, covering completely. Immediately coat with mixture of crushed French fried onions and panko bread crumbs and place on oiled baking rack. Continue following this pattern until baking rack is full. You will need about 1 rack per whole zucchini. Bake at 400 degrees (F) for about 10 to 15 minutes, or until golden. (I baked mine for 12 minutes.) Serve immediately with ranch dressing or remoulade sauce. YUM!!! Thanks, Michelle, for a great recipe. I'm sure everyone will enjoy it! --Betty ♥