

Baked Parmesan-Breaded Squash

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Servings: 6

4 cups (3 medium) yellow summer squash, thinly sliced
3 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon pepper
1/8 teaspoon cayenne pepper
3/4 cup panko (Japanese) bread crumbs
3/4 cup Parmesan cheese, grated

Preparation Time: 20 minutes

Bake: 20 minutes

Preheat the oven to 450 degrees.

Place the squash in a large bowl. Add the oil and seasonings. Toss to coat.

In a shallow bowl, mix the bread crumbs and cheese. Dip the squash into the crumb mixture to coat both sides, patting to help the coating adhere. Place on parchment paper-lined baking sheets.

Bake for 20 to 25 minutes or until golden brown, rotating the pans halfway through baking.

Per Serving (excluding unknown items): 106 Calories; 10g Fat (82.5% calories from fat); 4g Protein; trace Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 364mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	106
% Calories from Fat:	82.5%
% Calories from Carbohydrates:	1.9%
% Calories from Protein:	15.6%
Total Fat (g):	10g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	8mg

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	364mg
Potassium (mg):	14mg
Calcium (mg):	140mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	85IU
Vitamin A (r.e.):	22 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	106	Calories from Fat: 87
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% Daily Values*

Total Fat	10g	15%
Saturated Fat	3g	14%
Cholesterol	8mg	3%
Sodium	364mg	15%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	0%
Protein	4g	
Vitamin A		2%
Vitamin C		0%
Calcium		14%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.