

CRISPY PARMESAN CRUSTED ZUCCHINI

INGREDIENTS

4 zucchini, halved lengthwise
 $\frac{2}{3}$ cup panko breadcrumbs
 $\frac{1}{2}$ cup fresh grated parmesan cheese
 $\frac{1}{4}$ cup finely chopped parsley
4 cloves garlic, minced
 $\frac{1}{4}$ cup melted butter
Salt and pepper

INSTRUCTIONS

Preheat oven to 400°F | 200°C. Spray a baking tray or sheet with non stick cooking oil spray Place the zucchini halves, cut side up, on the baking sheet; set aside.

Mix together the breadcrumbs, parmesan cheese, parsley and garlic in a small bowl. Pour in the melted butter; season with $\frac{3}{4}$ teaspoon salt and $\frac{1}{3}$ teaspoon pepper (or to taste). Mix the ingredients together until the breadcrumbs absorb the butter (about 40 seconds).

Spoon the mixture over each zucchini half, to evenly cover. Spray the topping with a little cooking oil spray.

Bake for 20 minutes in the hot oven until the crust is golden and the zucchini halves are cooked through. Broil for a further 5 minutes on medium heat to crisp the topping.

Garnish with parsley and serve as a side accompaniment to any main dish.

Source : allrecipes.com