

Crunchy Zucchini Rounds

2 zucchini
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
2 ounces sun-dried tomatoes, packed in oil
3 ounces goat cheese
2 tablespoons of finely chopped red onion
1 tablespoons dried parsley flakes
1 tablespoons extra-virgin olive oil
¼ cup parmesan cheese

Directions:

1. Slice zucchini into ¼ inch thick rounds. Lay out on large platter, season with salt and pepper.
2. Mix goat cheese, red onion, parsley flakes, and oil in a bowl.
3. Place a sun-dried tomato on each zucchini slice, top each tomato with goat cheese mixture. Sprinkle tops with parmesan cheese.

Serves 8, 3 rounds each

Nutrient Analysis, per serving: 86 calories, 4g. carbohydrate, 3g. protein, 7g. fat, 103mg. sodium