



# Piscataquis Healthy Food For All "Small Enough to Do, Big Enough to Matter"

### **Black Pepper Parmesan Zucchini (or Potato!) Chips**

PREP TIME: 5 MIN COOK TIME: 20 MIN TOTAL TIME: 25 MINUTES

### **INGREDIENTS**

- 2 zucchini (or potatoes, sweet or regular)
- 1 tbsp. vegetable oil (or 3 tsp)
- 1/2 cup Parmesan cheese
- 1 tsp. black pepper (or more to taste)
- 1 tsp. garlic powder

### **DIRECTIONS:**

- 1. Preheat the oven to 450 degrees.
- 2. Thinly slice the zucchini (or potatoes) into chips
- 3. In a bowl, toss them in olive oil, cheese, garlic powder, and pepper.
- 4. Cover a baking sheet in foil and spread out the zucchini (or potatoes) in a single layer. Bake for 18-22 minutes, or until crispy. To make them extra crispy, place a rack on top of the baking sheet and cook the zucchini on the rack so the top and bottom both crisp up.





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### Cacio de Pepe Pasta Dish

Prep time: 5 mins Cook time: 15 mins Total time: 20 mins

Servings: 4-6

Canned or frozen veggies of your choice can easily be added in to give this recipe a boost- pour your favorite canned or frozen veggies in a few minutes before the pasta is done boiling and drain.

#### **INGREDIENTS**

- 1 pound dried spaghetti pasta
- 3 tablespoon unsalted butter, cut into 3 pieces
- 1/2 cup Parmesan cheese + more for topping (can either be freshly grated or the pre-grated)
- 1 teaspoon ground black pepper + more for topping
- Salt, to taste

### **INSTRUCTIONS**

- 1. In a large stockpot, boil water and cook spaghetti according to directions on package.
- 2. Remove and drain well. Put pasta in a large bowl and place pads of butter on top and toss to melt.
- 3. Toss with Parmesan cheese, ground black pepper, and salt (to taste).
- 4. Serve and enjoy!