

# BAKED ZUCCHINI CHIPS WITH CREAMY ITALIAN DIP



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A nutritional alternative to fries, these zucchini chips can be used as an appetizer, snack, or side to an entrée.

To make it a real crowd pleaser, be sure to make the accompanying dip. Recipe yields: approximately 16 chips.

## Chip Ingredients

- 2 fresh zucchinis. Remove ends and cut into 1/8 -inch slices. Dry with paper towel
- 2 egg whites, beaten
- 1/4 cup low-fat, lactose-free buttermilk
- 1/2 cup panko breadcrumbs
- 1/2 cup cornmeal
- 1/2 teaspoon salt
- 1 tablespoon dry Italian seasoning

## Dipping Sauce Ingredients

- 6 ounces nonfat, lactose-free Greek yogurt
- 1 tablespoon olive oil mayonnaise
- 1 tablespoon fresh, finely chopped basil or 2 teaspoons dry basil
- 1 teaspoon fresh, finely chopped thyme or 1/4 teaspoon dry thyme
- 1/2 teaspoon grated lemon rind
- 1 tablespoon of lemon juice



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## Steps

1. In a small bowl, mix yogurt, mayonnaise, herbs, lemon juice, and lemon rind. Refrigerate to chill dipping sauce
2. Preheat the oven to 475 degrees
3. In one small bowl, stir together breadcrumbs and the dry seasonings
4. Mix the beaten egg whites and buttermilk in a separate bowl
5. Dip zucchini slices into the egg-white wash, then coat the slices in breadcrumb mixture
6. Place each slice on a baking sheet with a rack or parchment paper
7. Bake for 5 minutes, turn over, and bake for another 5 to 10 minutes, or until browned and crispy
8. Serve zucchini chips with chilled dip

*This recipe was created by our RealSupport™ nutritionist especially for our members. Remember, please talk to your health care provider to determine if this recipe or any other food is appropriate for you.*

Please note that Novartis Pharmaceuticals Corporation does not endorse the use of any foods highlighted in this article; all information is provided for educational purposes only. Use of any food in this recipe is not intended to treat or cure carcinoid syndrome. You are advised to speak to your health care provider before introducing new foods into your diet.

Please see Important Safety Information on page 2.

Please [click here](#) for full Prescribing Information.

Brought to you by RealSupport™, a patient information and support program for those with the severe diarrhea and flushing of carcinoid syndrome. RealSupport™ is provided by Novartis Pharmaceuticals Corporation, the maker of Sandostatin® LAR Depot (octreotide acetate) for injectable suspension. For more information about the RealSupport™ program offerings, please follow us on [www.facebook.com/SandostatinLARDepot](https://www.facebook.com/SandostatinLARDepot).

## INDICATIONS AND USAGE

Sandostatin® LAR Depot (octreotide acetate) for injectable suspension is indicated for patients in whom initial treatment with immediate-release Sandostatin® (octreotide acetate) Injection has been shown to be effective and tolerated for

- Long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors
- Long-term treatment of the profuse watery diarrhea associated with VIP-secreting tumors

In patients with carcinoid syndrome and VIPomas, the effect of Sandostatin Injection and Sandostatin LAR Depot on tumor size, rate of growth, and development of metastases has not been determined.

## IMPORTANT SAFETY INFORMATION

**Warnings and Precautions:** Treatment with Sandostatin LAR Depot may affect gallbladder function, with postmarketing reports of gallstones resulting in complications (inflammation of the gallbladder, bile duct, and pancreas, and requiring surgical removal of the gallbladder); sugar metabolism; thyroid and heart function; and nutritional absorption, which may require monitoring by your doctor. Call your doctor if you experience signs or symptoms of gallstones or any of their complications.

**Before Taking Sandostatin LAR Depot:** Tell your doctor if you have a history of heart disease or are taking other medications, including cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine.

**Common Side Effects:** Most patients experience side effects at some time. Some common side effects you may experience include back pain, fatigue, headache, abdominal pain, nausea, and dizziness.

**Other Information:** Patients with carcinoid tumors and VIPomas should adhere closely to their scheduled return visits for reinjection in order to minimize exacerbation of symptoms.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088. Please [click here](#) for full Prescribing Information.**

**To learn more, call 1-888-NOW-NOVA (1-888-669-6682) or visit [www.sandostatin.com](http://www.sandostatin.com).**

