

BEAN CHIPS

Ingredients:

1 bag lima beans
1 TBSP olive oil
3/4 tsp garlic powder
1/2 tsp onion powder
1/2 tsp pepper
1/2 tsp paprika
1/2 tsp salt
1/2 tsp cayenne pepper - optional

Directions:

Soak lima beans overnight or at least 10 hours, until they double in size. Boil for 30 minutes until tender. Don't want them to be mushy or creamy.
Drain & pat dry.
Drizzle olive oil over beans and then coat with seasonings.
Air fry at 400° for 15-20 minutes or until shells split.