

Zucchini Chips

Another incredible way to enjoy this versatile vegetable. Believe it or not, I find the microwave method gets the best texture the most consistently.



COURSE

Gluten Free, Sides, Snacks, Vegetables



SERVINGS

1 serving

CALORIES

40 kcal

INGREDIENTS

- 200 g Zucchini medium
- Cooking Spray
- Salt to taste

INSTRUCTIONS

Prep

1. Slice your zucchini into thin rounds with your mandoline. You don't want them too thin, just about a quarter inch or a little bit less is perfect.
2. An optional step for slight improvement in final texture is to pat the slices dry with paper towels. If you skip this step and cook them in the oven, they are a little less consistent in texture, but still delicious.

Oven Method

1. Preheat oven to 350°F/175°C
2. Line a cookie sheet with parchment paper and lightly spray with cooking spray.
3. Lay the zucchini chips out next to each other. They can be touching, but not overlapping.
4. Sprinkle with salt, pepper and any spices that you like (onion, garlic, and cayenne are always good!) Cook for about 15-20 minutes, keeping an eye on them.
5. They will start to shrivel and brown a little bit. Some pieces will cook a little faster than others.

6. At the 15 minute mark, pull out the pieces that are done and continue cooking until the others are as well.

Microwave Method

1. Spray a large dinner plate with cooking spray.
2. Lay the zucchini chips out next to each other. They can be touching, but not overlapping.
3. Sprinkle with salt, pepper and any spices that you like.
4. Cook in the microwave for about 8 minutes, depending on the strength of your microwave (read: keep an eye on them!).
5. They will shrivel and dry and turn a little bit brown in the center.
6. Use a pot holder to take the plate out of the microwave, as it's probably quite hot.

Dehydrator Method

1. Turn your dehydrator to the highest setting (about 200 degrees).
2. Lay the zucchini chips out next to each other on mesh sheets. They can be touching, but not overlapping.
3. Sprinkle with salt, pepper and any spices that you like.
4. Dehydrate for about 6 hours or until completely dry.

NUTRITION

Nutrition Facts

Zucchini Chips

| Amount Per Serving | |
|----------------------|--------|
| Calories | 40 |
| Calories from Fat | 9 |
| % Daily Value* | |
| Fat | 1g |
| Fat | 2% |
| Saturated Fat | 0.1g |
| Saturated Fat | 1% |
| Polyunsaturated Fat | 0.2g |
| Monounsaturated Fat | 0.03g |
| Sodium | 20mg |
| Sodium | 1% |
| Potassium | 524mg |
| Potassium | 15% |
| Carbohydrates | 7g |
| Carbohydrates | 2% |
| Fiber | 2g |
| Fiber | 8% |
| Sugar | 3g |
| Sugar | 3% |
| Protein | 2g |
| Protein | 4% |
| Vitamin A | 400IU |
| Vitamin A | 8% |
| Vitamin C | 46.2mg |
| Vitamin C | 56% |
| Calcium | 40mg |
| Calcium | 4% |
| Iron | 0.7mg |
| Iron | 4% |

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!