Quinoa Baked Zucchini Chips with Sriracha Dipping Sauce

Prep Time: 20 minutes
Cook Time: 20 minutes
Total Time: 40 minutes

Yield: 6 servings
Calories per serving: 212
Fat per serving: 8.3g

Ingredients

- 1 large zucchini, sliced into ¼ inch thick rounds
- 2/3 cup almond milk (or milk of choice)
- 1 tablespoon lemon juice
- ½ cup toasted [Quinoa Flour](#) (see note)
- ¾ cup [Quinoa Flakes](#)
- ½ cup crumbled rice crackers OR panko breadrumbs
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- ½ teaspoon sea salt
- ½ teaspoon fresh cracked black pepper
- Olive oil spray

Sriracha Dipping Sauce
- 1/3 cup tofu mayo or Greek Yogurt
- 1 – 3 teaspoons Siracha (to taste)
- 1 tablespoon fresh lime juice
- 3 cloves minced garlic

Instructions

1. Preheat oven to 425. Place a wire rack on top of a baking sheet.
2. Combine almond milk and lemon juice and set aside.
3. Place quinoa flour, quinoa flakes, rice crackers, garlic powder, onion powder, smoked paprika, sea salt and black pepper in a food processor. Pulse until smooth.
4. Dredge zucchini wedges in quinoa and cracker mixture. (Only a little bit will stick) Dip in milk mixture and then recoat with the quinoa mixture. Spray or brush with olive oil. Place on wire rack and bake for 20 to 25 minutes, until golden brown. If desired, serve with Sriracha Dipping Sauce
5. For the dipping sauce: Combine all ingredients in a small bowl and mix until well combined. Store in the refrigerator until chilled.

Notes

Servings 6, Calories 212, Fat 8.3g, Carbohydrates 29g, Protein 6.3g, Cholesterol 1mg, Sodium 173mg, Fiber 3.1g, Sugars 3.7g, WW Points 6

Never toasted quinoa flour? It's really simple but completely optional. I do it because I love the nutty and less earthy taste that it brings out. All you need to do is line a baking sheet with parchment paper and spread the flour out to about 1/4 inch deep. (I do a box at a time.) Bake on 220 degrees for 2 1/2 hours. Allow to cool completely and then store in a sealed container in the refrigerator or freezer.