



ZUCCHINI CHIPS

By Dr. Cindy Tanzar

Savor the delightful crunch of Zucchini Chips, a healthy and tasty snack that offers a satisfying alternative to traditional chips. Fresh zucchinis are elegantly transformed into crispy, flavorful bites, lightly drizzled with organic olive oil and seasoned to perfection. With a hint of pink Himalayan salt, a touch of hot smoked paprika for a smoky kick, and a dash of cumin for an earthy undertone, these chips deliver a burst of savory goodness in every bite. Perfect for snacking on their own or pairing with your favorite dips, these Zucchini Chips are not only delicious but also a nutritious way to enjoy a satisfying crunch!

Makes 4 servings.



INGREDIENTS

- 4 large zucchini, evenly sliced 1/8 inch thick
- 2 Tbs. organic, extra virgin olive oil *
- Pink Himalayan salt to taste
- ½ tsp. hot smoked paprika
- ½ tsp. cumin



INSTRUCTIONS

1. Slice the zucchini. (Using a mandolin helps keep the slices consistent.) Lay the zucchini slices on a paper towel in a single layer. Cover with more paper towels and set a baking sheet on top. Press down on the baking sheet, applying slight pressure, to help squeeze out some of the moisture.
2. Preheat oven to 235°F. Line several baking sheets with parchment paper. Lightly brush the parchment paper with olive oil. Lay the zucchini slices in a single layer on the paper. Fit as many on each baking sheet as possible.
3. Lightly brush the top of the zucchini with olive oil. Sprinkle slices with salt. You can also sprinkle with a little cumin and paprika for extra flavor. Flavor each baking sheet differently, if you like.
4. Bake for 1-1/2 to 2 hours until crisp and golden. If some chips are still flimsy or damp, remove the crisp chips and place the damp ones back in the oven for a bit longer, watching closely.