

Low-Carb Cheese Chips



Serves 2

Ingredients:

- 4 slices Swiss cheese
- Parchment paper

Instructions:

1. Cut each slice of cheese into quarters. Cut a piece of parchment paper to fit the size of your microwave tray, and arrange cheese on top, leaving about 1 to 2 inches from the

edge of the parchment. Be sure to leave room between cheese pieces, as they will spread during cooking.

2. Cook cheese slices on high for about 2 minutes; cooking time will vary by microwave model. If cheese turns brown, the chips are overcooked.
3. Allow cheese to cool completely before serving or storing.

Nutrition per serving: Calories 160; Total Fat 12.0 g; Saturated Fat 8.0 g; Monounsaturated Fat 0.0 g; Polyunsaturated Fat: 0.0 g; Total Carbohydrates 2.0 g; Dietary Fiber 0.0 g; Sugar 0.0 g; Protein 12.0 g; Sodium 100 mg