

Parmesan Crisps



Serves 2

Ingredients:

- 2 ounces grated fresh Parmesan cheese (about $\frac{1}{2}$ cup)
- $\frac{1}{4}$ teaspoon freshly ground black pepper

Instructions:

1. Preheat oven to 400°F.
2. Line a large baking sheet with parchment paper.

3. Spoon cheese by tablespoonfuls 2 inches apart on prepared baking sheet. Spread each mound to a 2-inch diameter. Sprinkle mounds with pepper.
4. Bake at 400° for 6 to 8 minutes or until crisp and golden.
5. Cool completely on baking sheet. Remove from baking sheet using a thin spatula.

Nutrition per serving: Calories 111; Total Fat 7.3 g; Saturated Fat 4.6 g; Monounsaturated Fat 2.1 g; Polyunsaturated Fat 0.2 g; Total Carbohydrates 1.1 g; Dietary Fiber 0.1 g; Sugar Alcohols 0.0 g; Sugars 0.2 g; Protein 10.1 g; Sodium 389 mg