

Zucchini Chips with Smoked Paprika



Serves 2

Ingredients:

- 1 medium zucchini
- 1/2 teaspoon salt
- 2 teaspoons olive oil
- 1 teaspoon smoked paprika
- 1/4 teaspoon ground pepper

Instructions:

1. Slice zucchini crosswise into $\frac{1}{4}$ -inch thick slices using a mandolin slicer or a sharp knife.
2. Place zucchini in layers into a colander or sieve, sprinkling with a little salt with each layer. Let drain one hour.
3. Preheat oven to 250°F, and line a baking sheet with parchment paper. Brush parchment with 1 teaspoon of oil.
4. Pat zucchini slices dry with a paper towel and place on prepared baking sheet. Brush tops with remaining oil and sprinkle with paprika and ground pepper.
5. Bake for 45 minutes, then turn off oven and let chips remain inside until crispy, about 1 hour.

Nutrition per serving: Calories 60; Total Fat 5.0 g; Saturated Fat 0.7 g; Monounsaturated Fat 3.3 g; Polyunsaturated Fat: 0.6 g; Total Carbohydrates 3.8 g; Dietary Fiber 1.4 g; Sugar Alcohols 0.1 g; Sugars 2.6 g; Protein 1.4 g; Sodium 598 mg