



Salt & Vinegar Zucchini Chips

Serves 6

Prep. 10 min Cook 2 hours

These healthier chips are deliciously vinegary and so light and crunchy. Prepare in advance to have for a mid-afternoon pick-me-up!

Ingredients

4 medium zucchinis
2 1/2 tbsp olive oil
2 1/2 tbsp apple cider vinegar
1 tbsp salt

Preparation

Step 1: Preheat oven to 95°C. Leaving the skin on, mandolin the zucchinis on the thinnest setting so the slices are fine.

Step 2: Combine oil and vinegar in a bowl, whisking together until well combined.

Step 3: Add zucchini slices to the bowl, tossing the liquid dressing mixture to coat the zucchini. Transfer slices to a tray lined with baking paper, spreading out evenly.

Step 4: Sprinkle half the salt and distribute evenly over the 'chips'. Bake in the oven for 2 hours or until zucchini slices start to shrivel slightly. Flip the chips halfway through baking and sprinkle the remaining salt evenly over the other sides. Keep an eye on them once flipped as oven temperatures may vary slightly and you don't want them to burn!

Step 5: Once done, remove from oven and let cool for 15-20 minutes before serving. (This is so they aren't too hot and have time to dry and become crunchy!) Store remaining chips in an airtight container for up to 7 days.

Serving suggestion:

These are delightful as is or use as a side to another meal.