

Eggplant Chips

Ingredients:

1 large Eggplant
1 tsp olive or coconut oil (spray)
Sea salt to taste



Directions: Preheat oven to 300 degrees F. Slice eggplant very thin (1/8 in) using a mandolin will help. Sprinkle lightly with sea salt and let sit 30 minutes until water condenses to surface. Blot with paper towels. Spray pan lightly with oil and lay slices on pan being careful not to overlap. Bake approximately 50 minutes flipping partway through or until they begin to brown and curl up. Let cool a few minutes and enjoy!

Notes: Chips are best (most crispy) when eaten within the hour—if left out, they will wilt. Chips can also be made in a dehydrator and stored longer. Additional spices such as garlic or onion powder, cayenne powder, chili powder, etc can be added per preference.



Recipe by: Elizabeth Michaels, RD, CDE

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