

EZ Potato Chips



~ Make your own potato chips using your microwave. A tasty and easy alternative to store-bought potato chips (not to mention economical)! A mandoline slicer would make slicing the potato into paper thin slices a breeze. ~

Servings: 4

Prep Time: 5 minutes

Microwave: 15 minutes

Ingredients

- 1 medium potato (2.25"-3.25" diameter), sliced paper thin (skin optional)
- Cooking spray

Preparation

1. Wash & slice potato into paper thin slices. Soak slices in a bowl of cold water to prevent them from turning brown while you work. (tip: for thin slices, use mandolin slicer or peeler)
2. Drain 1 batch of slices on paper towel.
3. Put parchment paper on microwave turntable. Place potato slices on the parchment paper, not touching. Spray potatoes lightly with cooking spray. (If no parchment paper is available, use a microwave safe plate, coated lightly with oil or cooking spray.)
4. Cooking time will vary depending on microwave, potato slice thickness and number of slices cooked at a time. Start with about 2 minutes and adjust as needed.
5. Potatoes are done when they are crisp and have some browning.
6. Remove paper from microwave and pour chips onto paper towel to absorb excess spray, if any.
7. (optional) Sprinkle with salt or spices of your choice.
8. Parchment paper can be reused for multiple batches.
9. Eat and enjoy.

Servings per Recipe: 4 Serving size: ¼ potato

Nutrition (per serving): 42 calories, 3mg* sodium, 10g carbohydrates, 1g fiber, 1g protein, <1g sugars

*Add additional sodium if salt is used

Adapted from Allrecipes.com