Zucchini Chips

By Chef Jen

Ingredients:

- 2 medium zucchinis, sliced ¼ inch thick
- Salt and pepper to taste
- Canola oil

Preparation:

1. Slice zucchini and sprinkle with salt. Let sit for 30 minutes. Pat zucchini dry.
2. Preheat oven to 425°F. Grease a foil lined baking sheet. Place zucchini chips evenly on sheet. Sprinkle with salt and pepper to taste and bake for ~20 minutes. Flip the chips and bake for 10-20 more minutes or until crisp but not burned. Let cool on tray. Option to serve with Roasted Red Pepper Dip, below.

Roasted Red Pepper Dip

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Ingredients:

2/3 cup roasted red bell pepper
4 oz goat cheese
4 Tbsp non-fat plain Greek yogurt
⅛ tsp salt

Preparation:

1. Add all ingredients into food processor or blender. Pulse to chop then scrape down the bowl. Puree until well combined. Refrigerate until ready to use.