

zucchini and summer squash chips

<http://www.passion4eating.com/2009/10/zucchini-and-summer-squash-chips/>

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by Kristen on October 1, 2009



yes you can enjoy
summer squash

I am making myself at home here on WordPress. I admit I am scared to death. I understood blogger and its quirks and it understood me and my quirks. Blogger is not a bad platform and I have no regrets about starting out there. You gotta start somewhere right?

Forget dessert.

I have a serious craving for salty,

crunchy snacks. Now the idea of crunchy and zucchini are not usually synonymous. They can be soggy, mushy and slippery when cooked. I have found that it is not uncommon for people to hate zucchini, all summer squashes and even eggplants. I happen to love all those vegetables, even when they are not crunchy. It has been my experience that there are two ways to convert non-zucchini eaters. One is to serve it [Julienned into "noodles"](#) the other is to bake them into chips.

Yes, you can get nice crunchy "chips" from these watery veggies. I have a few steps that will effortlessly convert these water laden vegetables into something that will satisfy the biggest chip lover on game day.

This recipe works for any amount. Adjust the seasonings to how much you are making.

Zucchini & Summer Squash Chips

- Zucchini or summer squash
- kosher salt
- oregano, thyme and/or rosemary
- peccorino romano cheese

Slice the squash into thin rounds using a large sharp knife or a mandolin. Set up a large baking sheet with a cooling rack on top. Lay out the veggies in one layer. Sprinkle salt evenly over the veggies, turn over and repeat. Set aside for about 30 minutes.

Preheat oven to 350F, if you have convection all the better but reduce the temp by a few degrees.

Using paper kitchen towels, press the water out of the zucchini (**see note below). I found it easiest to play out multiple layers of paper on the counter, remove the zucchini to the towels then lay more paper on top and press down until the water has been absorbed.

Lightly spray with cooling rack with oil then lay the zucchini back on in the same fashion. Lightly oil the zucchini and sprinkle the herbs and cheese over the top. Put in the oven for 20-40 minutes depending on your desired crispness and you oven.

******Most of the salt used to extract the water from the zucchini washed away between the paper towels. If sodium is an issue you can rinse the zucchini slices under water before the paper towel massage.

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