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Medium

Low-carb zucchini nacho chips

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sour cream? These are the perfect low-carb potato chip alternative for a casual, Tex-Mex-loving crowd.

USMetric

4




servings

Ingredients

- 1 (7 oz.) large zucchini
- salt
- 1½ cups coconut oil
- 1 tbsp Tex-Mex seasoning


 Nutrition

+

By Maria Emmerich , photo by Emma Shevtzoff , nutritional review by Franziska Spritzler, RD, CDE 

Emma Shevtzoff

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Instructions

1. Cut the zucchini crosswise into thin, round slices using a mandolin.
2. Place slices in a colander in the sink and sprinkle with lots of salt. Let sit for 5 minutes, then press out water.
3. Heat the oil in a fryer or skillet to 350°F (180°C).
4. Drop the sliced zucchini into the hot oil, working in batches of about 20 chips at a time.
5. Once the zucchini turns golden brown, remove from fryer and place onto a paper towel.
6. Sprinkle with taco seasoning and enjoy!

Tip!

Want more color? Make these with one zucchini and one yellow squash. If you can take a few more carbs, mix in some carrot slices, too! This recipe is part of a collaboration with [Maria Emmerich](#), a best-selling American cookbook author. Check out her [website](#) for more keto inspiration and recipes.

More recipes from Maria Emmerich

3g

5g

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