



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.



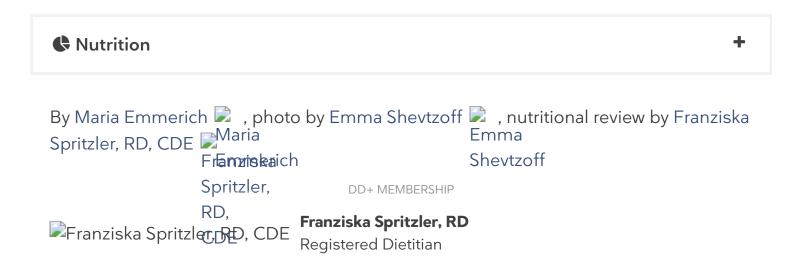
Ingredients

1 (7 oz.) large zucchini

salt

1½ cups coconut oil

1 tbsp Tex-Mex seasoning



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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

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