

Sea Salt Rosemary Zucchini Chips

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 4 small zucchinis, thinly sliced*
- 2 tbsp extra virgin olive or camelina "roasted garlic" oil
- 2 tbsp dried rosemary
- 1 tbsp Mixed Italian dried herbs**
- 1.5 tsp coarse sea salt
- 1.5 tbsp ground black pepper

Instructions:

1. Preheat oven to 325*.
2. - In a large bowl, drizzled zucchini slices with olive oil. Now I know it seems like very little olive oil, but remember they shrink a LOT. Don't overdo the oil.
3. - Line two baking sheets with parchment paper. Lay out a single layer of slices. Season one side with half of the ingredients.
4. - Bake slices for 45 minutes on one side, remove from oven and flip. Season opposite with remaining ingredients. Bake for another 45 minutes.
5. IMPORTANT: Pay attention to individual slices as bake time may vary depending on thickness.
6. They will be crisp and golden brown.
7. Enjoy immediately!

Notes:

*If you have a mandolin to slice the chips it will make it far easier and faster to get them nice and thin. **The brand "simple organic" has a nice mix of Italian dried herbs that includes basil, oregano, majoram, thyme, sage and of course rosemary. I LOVE rosemary which is exactly why I used extra!