

Kabak Cipsi

Crispy baked zucchini chips recipe with olive oil and herbs. Healthy, vegan snack that's perfect for weight loss. Ready in 30 minutes!

15 min

HAZIRLIK

30 min

PIRME

45 min

TOPLAM

4

PORSİYON

Easy

ZORLUK

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Malzemeler

- 4 zucchini
- 4 tbsp olive oil
- 2 clove garlic
- 2 tsp oregano
- 1 tsp salt

Yapılışı

- Prepare Equipment and Oven**

Preheat oven to 220°C (425°F). Line a large baking sheet with parchment paper.
- Prepare the Zucchini**

Wash and thoroughly dry 4 zucchini. Using a mandoline slicer or sharp knife, slice zucchini into thin rounds about 1/8 inch (3mm) thick.
- Mince 2 cloves garlic finely using a grater or knife.**
- Season the Zucchini**

In a large mixing bowl, combine the minced garlic, 2 teaspoons dried thyme, 1 teaspoon salt, and 4 tablespoons olive oil. Add zucchini slices and toss gently with your hands until each slice is evenly coated.
- Bake the Chips**

Arrange seasoned zucchini slices in a single layer on the prepared baking sheet, ensuring they don't overlap. Bake for 15 minutes until edges start to curl and turn golden.
- Carefully flip each chip using a thin spatula. Bake for another 10-15 minutes until golden brown and crispy throughout.**
- Cool and Serve**

Remove from oven and let chips cool on the baking sheet for 5 minutes to become fully crispy. Serve immediately as a snack or with your favorite dip.

İpuçları

Choose large, firm zucchini with fewer seeds for the best results. Larger zucchini hold their shape better during baking and produce crispier chips.

Invest in a mandoline slicer for consistently thin, even slices. Uniform thickness ensures all chips cook at the same rate and achieve optimal crispiness.

Salt the zucchini slices and let them sit for 15 minutes before baking. This draws out excess moisture, which is key to achieving crispy texture.

Pat each slice completely dry with paper towels after salting. Any remaining moisture will create steam during baking, resulting in soggy chips.

Don't overcrowd your baking sheet. Leave space between slices to allow proper air circulation and even browning.

Flip the chips halfway through baking to ensure both sides become golden and crispy. Use a thin spatula to avoid breaking delicate slices.

Let the chips cool completely on the baking sheet before removing. They'll continue to crisp up as they cool and become easier to handle.

Store in an airtight container with a piece of parchment paper between layers to prevent sticking and maintain crispness.