

Zucchini Chips

Crispy baked zucchini chips recipe - healthy, vegan snack made with olive oil and herbs. Perfect low-carb alternative to store-bought chips!

15 min

PREP

30 min

COOK

45 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

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

Instructions

- 1 Prepare the oven and equipment**

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

Wash and dry 4 zucchini thoroughly. Cut into uniform 3mm (1/8-inch) thick rounds using a mandoline or sharp knife.
- 3 Arrange zucchini slices on paper towels and sprinkle lightly with salt. Let sit for 10-15 minutes to draw out moisture, then pat completely dry with fresh paper towels.**
- 4 Make the seasoning mixture**

Combine 4 tablespoons olive oil, 2 minced garlic cloves, 2 teaspoons dried thyme, and 1 teaspoon salt in a large bowl. Mix well until evenly combined.
- 5 Add the dried zucchini slices to the seasoning mixture. Toss gently with your hands until each slice is evenly coated with oil and seasonings.**

- 6 Arrange seasoned zucchini slices in a single layer on the prepared baking sheet, making sure they don't overlap or touch.
- 7 **First bake**
Bake for 15 minutes until edges start to turn golden brown and slices begin to curl slightly.
- 8 Flip each chip carefully with a spatula. Bake for another 10-15 minutes until chips are golden brown and crispy throughout.
- 9 Remove from oven and let cool on the baking sheet for 5 minutes to crisp up further. Serve immediately while warm and crispy.

Tips

Choose large, firm zucchini for the best chips. Larger zucchini have less water content and create bigger, more satisfying chips that shrink less during baking.

Use a mandoline slicer or sharp knife to cut uniform 1/8-inch thick slices. Consistent thickness ensures even cooking and prevents some chips from burning while others remain soft.

Salt the zucchini slices and let them sit for 10-15 minutes before seasoning. This draws out excess moisture, then pat completely dry with paper towels for maximum crispiness.

Don't overcrowd the baking sheet. Arrange slices in a single layer with space between each piece to allow proper air circulation and even browning.

Flip the chips halfway through baking and rotate the pan for uniform cooking. This prevents uneven browning and ensures all chips reach the same level of crispiness.

Let chips cool completely on the baking sheet after removing from the oven. They'll continue to crisp up during this cooling period.

For extra flavor, experiment with different oils like avocado oil or sesame oil, and try various spice blends such as everything bagel seasoning or ranch powder.

If making multiple batches, keep finished chips warm in a 200°F oven while preparing subsequent batches to maintain their crispy texture.