



## CAULIFLOWER CHIPS

Basic Lifestyle

### INGREDIENTS

2 cups riced cauliflower  
1 ⅓ cups finely grated Parmesan cheese  
½ TSP dried Italian seasoning  
½ TSP ground pepper  
¼ TSP salt

### INSTRUCTIONS

—Position racks in top and bottom third of oven; preheat to 375°F. Line 2 large rimmed baking sheets with parchment paper; coat with cooking spray.

—Place cauliflower in a large microwave-safe bowl. Microwave on High, uncovered and stirring halfway through, until tender, about 2 minutes. Place the cauliflower in a clean kitchen towel (or paper towels); squeeze out as much liquid as possible. Place the cauliflower in a medium bowl; add Parmesan, Italian seasoning, pepper and salt; stir until combined.

—Using a leveled tablespoon, portion mounds of cauliflower mixture 2 inches apart on the prepared baking sheets. Using a lightly greased bottom of a measuring cup or glass, press each portion into a circle about 1/8 inch thick.

—Bake both pans, rotating them halfway through, until the chips are golden brown and crisp, about 20 minutes. Transfer to a paper-towel-lined plate; let cool completely, about 20 minutes.

**SERVING INFO:** (Yields 6 servings)

3 chips = 1 V

See photo of recipe at [Instagram](#) and [Facebook](#).