

Mediterranean Spinach and Feta Cheese Crisps - A Cheesy Low-Carb Snack

Looking for a snack that's



OVEN
375°F

TIME
10 min

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INGREDIENTS

1 cup fresh spinach, finely chopped
1/2 cup crumbled feta cheese
1/2 cup finely grated parmesan cheese
1/2 cup shredded mozzarella cheese
1 teaspoon olive oil
1/2 teaspoon garlic powder
1/2 teaspoon dried oregano
Salt and pepper, to taste

DIRECTIONS

1. ? Step 1: Preheat Oven: Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper for easy release and cleanup.
2. ? Step 2: Mix the Crisps: In a medium mixing bowl, combine:
3. Chopped spinach
4. Feta cheese
5. Parmesan cheese
6. Mozzarella cheese
7. Olive oil
8. Garlic powder
9. Dried oregano
10. A pinch of salt and pepper
11. Stir until the mixture is well combined and evenly coated.
12. ? Step 3: Shape the Crisps: Scoop heaping teaspoons of the mixture onto the prepared baking sheet.
13. Use the back of a spoon to flatten each mound into a thin disc, about 2 inches wide.
14. Leave space between each crisp-they will spread slightly.
15. ? Step 4: Bake: Bake for 8-10 minutes, or until the edges are deep golden and the cheese is bubbly.
16. Watch closely in the last minute-they go from golden to dark fast.
17. ? Step 5: Cool and Serve: Let the crisps cool on the sheet for 5 minutes to firm up.
18. Gently transfer to a plate and serve as is, or top your favorite salad or soup for crunch and flavor.

TIPS FOR SUCCESS

Dry the spinach well before chopping to avoid excess moisture.

Use parchment paper or a silicone mat to prevent sticking.

Don't overbake: They crisp as they cool-pull them when golden around the edges.

Customize with your favorite herbs or cheeses -go Greek with dill or add sun-dried tomatoes!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/mediterranean-spinach-and-feta-cheese-crisps-a-cheesy-low-carb-snack/>