

Crispy Cottage Cheese Chips - Light, Crunchy, and Protein-Packed

Crispy Cottage Cheese Chips - High-Protein Crunch in Every Bite



OVEN
400°F

TIME
20 min

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INGREDIENTS

- 1 cup cottage cheese (low-fat preferred)
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon dried herbs (like oregano or Italian seasoning)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Cooking spray or olive oil (for greasing)

Notes & Ingredient Tips:

Cottage Cheese: Low-fat works well here, but whole milk cottage cheese yields a slightly richer flavor.

Parmesan: Adds crispness and depth. Feel free to sub with pecorino or a vegan parm if needed.

Herbs: Italian seasoning keeps it classic, but try dill, rosemary, or thyme for variation.

Add spice: A pinch of red pepper flakes or cayenne makes these pop.

How to Make Crispy Cottage Cheese Chips:

Step 1: Preheat and Prep:

Step 2: Mix the Ingredients:

Step 3: Portion the Chips:

Step 4: Bake:

Step 5: Cool and Crisp:

Tips for Success:

Even spacing ensures crisp edges and prevents sticking.

Drain excess liquid from cottage cheese if it's especially watery.

Bake low and slow if you want a drier, crunchier chip-lower oven to 375°F and bake a bit longer.

Watch closely near the end-these can go from golden to too-dark quickly.

Serving Suggestions & Pairings:

Hummus, ranch dip, or guacamole

Crumbled over salads for crunch

As a low-carb base for mini tostadas or pizza bites

With a glass of blueberry lemonade for a refreshing balance

Alongside snacks like edible cookie dough or cottage cheese pancakes for a fun, protein-packed snack board

Storage Tips:

Cool completely before storing to keep chips crisp.

Store in an airtight container at room temp for up to 2 days.

Re-crisp in the oven for a few minutes if they soften.

More Recipes You'll Love:

DIRECTIONS

1. **Step 1: Preheat and Prep:** Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or a silicone mat and lightly grease with cooking spray or a touch of olive oil.
2. **Step 2: Mix the Ingredients:** In a bowl, stir together cottage cheese, Parmesan, garlic powder, onion powder, herbs, salt, and pepper until well combined.
3. **Step 3: Portion the Chips:** Spoon small mounds of the mixture onto the baking sheet, leaving 2 inches between each. Flatten them gently with the back of your spoon into round discs.
4. **Step 4: Bake:** Bake for 15-20 minutes, or until the edges are golden and crispy. Keep an eye on them after 15 minutes to prevent burning.
5. **Step 5: Cool and Crisp:** Let the chips cool on the baking sheet for a few minutes, then transfer to a wire rack to cool fully and crisp up.
6. **Tips for Success:** Even spacing ensures crisp edges and prevents sticking.
7. Drain excess liquid from cottage cheese if it's especially watery.
8. Bake low and slow if you want a drier, crunchier chip-lower oven to 375°F and bake a bit longer.
9. Watch closely near the end-these can go from golden to too-dark quickly.
10. **Serving Suggestions & Pairings:** These chips are flavorful on their own but also amazing with:
11. Hummus, ranch dip, or guacamole
12. Crumbled over salads for crunch
13. As a low-carb base for mini tostadas or pizza bites

14. With a glass of blueberry lemonade for a refreshing balance
15. Alongside snacks like edible cookie dough or cottage cheese pancakes for a fun, protein-packed snack board
16. Storage Tips: Cool completely before storing to keep chips crisp.
17. Store in an airtight container at room temp for up to 2 days.
18. Re-crisp in the oven for a few minutes if they soften.
19. More Recipes You'll Love: Keep the high-protein, craveable vibes going with these picks:
20. The : Viral Cottage Cheese Pancake
21. Edible : Cookie Dough
22. No-Bake : Monster Cookie Energy Balls
23. 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies
24. Blueberry : Lemonade
25. Final Thoughts: These Crispy Cottage Cheese Chips prove that smart snacking doesn't mean sacrificing flavor. They're cheesy, crunchy, and endlessly customizable-perfect for busy weekdays, movie nights, or post-gym munchies.

SWAPS & NOTES

& Ingredient Tips Cottage Cheese : Low-fat works well here, but whole milk cottage cheese yields a slightly richer flavor.

Parmesan : Adds crispness and depth.

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Herbs : Italian seasoning keeps it classic, but try dill, rosemary, or thyme for variation.

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

Original recipe: <https://chefmaniac.com/crispy-cottage-cheese-chips-light-crunchy-and-protein-packed/>