

Crispy Cottage Cheese Chips: A High-Protein, Low-Carb Snack

Crispy Cottage Cheese Chips: Your New Favorite Healthy Snack



OVEN
400°F

TIME
20 min

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INGREDIENTS

- 1 cup cottage cheese (preferably low-fat)
- 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)

DIRECTIONS

- 1.** Preheat and Prep: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or a silicone mat for easy release.
- 2.** Mix the Base: In a medium bowl, mix cottage cheese, Parmesan, garlic powder, onion powder, dried herbs, salt, and pepper until fully combined.
- 3.** Shape the Chips: Scoop small spoonfuls onto the prepared baking sheet, spacing about 2 inches apart. Use the back of a spoon to flatten each mound into a thin disc.
- 4.** Bake to Crispiness: Bake for 15-20 minutes, or until the edges are golden brown and crispy. Watch closely near the end—they can go from golden to burnt quickly!
- 5.** Cool and Enjoy: Let chips cool on the tray for a few minutes, then transfer to a wire rack to cool completely. They'll crisp up as they cool.

SWAPS & NOTES

and Swaps Cottage Cheese : Low-fat works well, but full-fat gives richer flavor.

Avoid watery curds for best texture.

Parmesan Cheese : Adds crispness and umami—don't skip it!

Herbs : Customize with smoked paprika, dill, or chili flakes.

TIPS FOR SUCCESS

Use dry curd cottage cheese if possible for less spreading.

Thin is best -flatten the chips evenly for maximum crisp.

Store in an airtight container to maintain crunch.

