

Crispy Sour Cream & Onion Cucumber Chips: Healthy Snack

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INGREDIENTS

4 cups thinly sliced English cucumbers (about 2-3 medium English cucumbers)

2 tablespoons extra virgin olive oil

1 ½ tablespoons buttermilk powder or nonfat dry milk powder (for the "sour cream" tang)

1 tablespoon onion powder

1 tablespoon dried minced onion

2 teaspoons garlic powder

1 teaspoon dried dill weed

½ teaspoon coarse sea salt

2 teaspoons Swerve sweetener (or other erythritol-based granular sweetener, to balance the savory notes)

Swaps and Notes:

Cucumbers: English cucumbers are preferred as they have fewer seeds and thinner skin, making them ideal for slicing into chips. Regular slicing cucumbers can be used, but you might want to scoop out some seeds.

Buttermilk Powder: This is key for the "sour cream" flavor. If you don't have it, nonfat dry milk powder will provide some creaminess, but the tang won't be as pronounced. You could also try a little citric acid powder (a pinch) for extra tang if using regular milk powder.

Sweetener: Swerve (erythritol) provides sweetness without calories. You can adjust the amount to your taste or omit it if you prefer a purely savory

chip. A tiny pinch of regular sugar could be substituted if not concerned about carb count.

Dried Minced Onion: This adds texture and a more robust onion flavor than just powder. Don't skip it if you can help it!

Dill Weed: Dried dill is essential for that classic sour cream and onion profile.

Oil: Extra virgin olive oil adds good flavor, but light olive oil or avocado oil would also work.

Equipment: A dehydrator is highly recommended for the best crispness. While an oven on its lowest setting might work, it's harder to control and less energy-efficient for drying.

Directions:

Prepare Cucumbers: Start by thinly slicing your English cucumbers. Aim for uniform slices, about 1/16 to 1/8 inch thick, using a mandoline slicer for best results if you have one. In a large bowl, drizzle the olive oil over the sliced cucumbers, tossing gently to ensure they're nicely coated.

Make the Seasoning Blend: In a separate medium bowl, whisk together the buttermilk powder (or nonfat dry milk), onion powder, dried minced onion, garlic powder, dried dill weed, coarse sea salt, and Swerve sweetener until all ingredients are well combined. This is your flavorful "sour cream and onion" mix!

Arrange on Dehydrator Trays: Now, it's time to lay those cucumber slices out in a single layer on your dehydrator shelves. Make sure none of the slices are overlapping, as this will prevent even drying and crisping.

Season the Cucumbers: Once you've got them all arranged on the trays, generously sprinkle the dry seasoning mix evenly over the top of all the cucumber slices.

Dehydrate: Cover the dehydrator and set it to a temperature between 125°F (52°C) and 135°F (57°C). Let the magic happen! Dehydrate for about 4 to 6 hours, or even longer, depending on your dehydrator and the thickness of your slices.

Check for Crispiness: Check them periodically. You're looking for them to be completely dry and crispy, snapping like a chip, not bendy or leathery.

Cool and Enjoy: Once done, remove the trays from the dehydrator and let the cucumber chips cool completely before you snack away! They will crisp up further as they cool. Enjoy your delightful, healthy treat!

Tips for Success:

Thin & Even Slices: This is the most crucial tip for crispy cucumber chips. A mandoline slicer will give you the best, most consistent results. Uneven slices will dry at different rates.

Don't Overcrowd Trays: Give the cucumber slices plenty of space on the dehydrator trays for proper air circulation. Overlapping slices will not dry effectively.

Test for Doneness: Don't rely solely on time. Cucumbers are full of water, so they need to be completely dry to achieve that chip-like crunch. Keep dehydrating until they snap easily.

Store Properly: Once cooled, store the chips in an airtight container immediately. Any exposure to humidity will make them lose their crispness.

Adjust Seasoning: Taste the seasoning blend before sprinkling. You can adjust the salt, sweetener, or dill to your preference.

Serving Suggestions and Pairings:

A healthy snack platter alongside veggies and dips.
Crumbled over a salad for extra crunch.

As a side for a light sandwich or wrap, like my A Light, Tangy Chicken Salad I Actually Crave (and There's No Mayo in Sight!).

DIRECTIONS

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13. **Serving Suggestions and Pairings:** These Sour Cream and Onion Cucumber Chips are a fantastic light snack on their own, perfect for satisfying that savory craving. They also make a unique addition to:
 14. A healthy snack platter alongside veggies and dips.
 15. Crumbled over a salad for extra crunch.
 16. As a side for a light sandwich or wrap, like my [A Light, Tangy Chicken Salad I Actually Crave](#) (and [There's No Mayo in Sight!](#)).
 17. Served with a cool and creamy : [Greek yogurt dip](#).
 18. For other refreshing or healthy snacks, consider:
 19. [My This : Blueberry Lemonade is My Favorite Refreshing Drink for Sunny Days](#).
 20. **Storage and Leftover Tips:** The key to keeping these Sour Cream and Onion Cucumber Chips crispy is proper storage. Once completely cooled, store them in an airtight container at room temperature. If you live in a humid environment, you might consider adding a desiccant packet to the container. They should stay crisp for 1-2 weeks. If they lose their crispness, you can put them back in the dehydrator for an hour or so to re-crisp.
 21. **More Recipes You Will Love:** If you enjoyed the wholesome and delicious nature of these cucumber chips, you'll definitely want to explore some of these other fantastic snack and dessert recipes:
 22. For a sweet no-bake craving, check out my : [This Edible Cookie Dough is My Favorite No-Bake Treat for Late Night Cravings](#).
 23. [My These : No-Bake Monster Cookie Energy Balls Are My Favorite Snack to Keep on Hand](#) are perfect for a quick energy boost.
 24. And for another easy, wholesome, no-bake bar, try my [These No-Bake Peanut Butter Oatmeal Bars Are My Favorite Snack to Keep on Hand](#).
 25. **Final Thoughts:** These Sour Cream and Onion Cucumber Chips are a testament to how creative healthy snacking can be. They're a flavorful, satisfying, and guilt-free way to enjoy a classic chip flavor, perfect for anyone looking to lighten up their snack game.

With a dehydrator, these come together with minimal effort for maximum crunch and taste. Give them a try - you might just find your new favorite healthy obsession!

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

Original recipe: <https://chefmaniac.com/crispy-sour-cream-onion-cucumber-chips-healthy-snack/>