

Microwave Potato Chips



You don't need a deep fryer to make crispy potato chips. We toss thinly sliced potatoes with just a touch of olive oil, pop them in the microwave and voilà! Crispy, crunchy homemade potato chips with 8 grams less fat per serving than regular chips.

Ingredients

| | |
|------------------|--|
| 1 and 1/3 pounds | Yukon Gold or Red Potatoes, unpeeled, scrubbed |
| 2 teaspoons | Extra-virgin olive oil |
| 1/2 teaspoon | Salt |

Instructions

1. Slice potatoes into thin (1/8-inch) rounds. Toss the slices in a medium bowl with oil and salt to coat evenly.
2. Coat a large microwave-proof plate with cooking spray. Arrange some potato slices in a single layer on the plate. Microwave, uncovered, on High until some slices start to brown, 2 to 3 minutes (depending on potato thickness and microwave power). Turn the slices over and continue microwaving until they start to crisp and brown around the edges, 2 to 4 minutes more. Check frequently and rearrange slices as needed to prevent scorching. Transfer the chips to another plate and allow to cool completely. (They will crisp more as they cool.) Repeat with the remaining potato slices.

Nutritional Information

Serving Size: 4 servings, 12-14 chips each

Calories: 141

Fat: 2g

Cholesterol: 0mg

Protein: 3g

Carbohydrates: 26g

Sodium: 291mg

Fiber: 2g

Potassium: 807mg

Recipe Source: [WebMD](#)