

CHEESE CRISPS (MICROWAVE METHOD)

8-ounce bag grated cheese, any flavour

Place a square of parchment paper (do NOT use wax paper) on a microwaveable dinner plate. Place a generous tablespoon of cheese in centre of plate and, with your fingers, gently spread into a circle about 3 1/2-4" in diameter and not too thick in the middle. Microwave on HIGH about 30-40 seconds or until a toasty colour and they sound crisp when tapped with your fingernail. Lift it off the paper with tongs and set on paper towel to cool. You can use the same piece of parchment over and over for the current crisp-making session. These will keep quite well in an air-tight container at room temperature for several days or longer.



Per 6 Crisps: 304 Calories; 25g Fat; 19g Protein; 1g Carbohydrate; 0g Dietary Fiber; 1g Net Carbs