



Makes: 4 servings

Prep Time: 5 minutes Cook Time: 40 minutes

Total Time: 45 minutes

Crispy Parmesan Broccoli Chips

Ingredients

- 3 crowns broccoli, cut into large florets
- 10 ounces shredded parmesan cheese
- salt, garlic powder and onion powder, to taste

Instructions

Preheat your oven to 425°F. Line a large rimmed baking sheet with parchment paper.

Bring a large pot of water (1/2 way full) to a boil. Add in the large florets and 1 teaspoon salt and bring back to a boil. Blanch the broccoli for just a minute or two, then strain and transfer to a platter lined with paper towels. Do not over-boil the broccoli.

Sprinkle the baking sheet evenly with your cheese so that there is a thin layer. Next transfer the broccoli to the sheet, slightly spacing them out so that you have room to mash them. Take a small shot glass and smash the broccoli pieces down gently but firmly. Sprinkle the tops with salt, onion powder and a little garlic powder. Transfer to the oven and bake for 25-30 minutes or until the cheese has turned golden brown and the broccoli is turning crispy. Allow to cool slightly and then break apart to serve.

Recipe from Hungry Happens