

# Onion Chips

*This recipe makes as many Onion chips as you choose to make*



## Ingredients

Sweet onions

## Directions:

1. Prepare the onions – Peel the onions and slice them into 1 to 1½-inch strips.
2. Arrange on trays – Stack the slices on your trays as needed; they won't stick to each other or the tray.
3. Freezing option – You can either pre-freeze the onions or place them directly into the freeze dryer.
4. Freeze dry (my cycle time was 16 hours)
5. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended

## Notes:

Make sure you are using a variety of onion that you like plain before freeze drying, the flavor intensifies. Think Funyuns without all the preservatives.

## Nutritional Value Per 1 cup

Calories: 64 Protein: 2 g Fat: 0.2 g Carbohydrates: 15 g Sugar: 7 g Fiber: 3 g