

Tomato Chips

Makes as many tomato slices as you like



Ingredients

Tomatoes
Spices—we like garlic powder, oregano and cajun seasoning

Directions:

1. Wash and slice the tomatoes into thin slices
2. Add parchment paper to trays
3. Arrange the tomatoes on the trays – Spread the slices evenly across a parchment-lined freeze-drying tray. For multiple layers, place a sheet of parchment between each layer to prevent sticking
4. Pre-Freeze
5. Freeze Dry (my cycle time was about 30 hours)
6. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

These make fantastic snacks straight from the freeze dryer—no rehydration needed!

Notes:

Add any spices you like to the tomato slices

Nutritional Value Per 1 large tomato

Calories: 33 Protein: 7 g Fat: 0 g Carbohydrates: 1 g Sugar: 5 g Fiber: 2 g