

# Zucchini or Yellow Squash Chips

*One medium zucchini makes about 1 ½ cups sliced chips*



## Ingredients

Zucchini or Yellow Squash

Bragg's Liquid Aminos or Kikkoman's Ponzu

Water

Garlic Powder (optional)

Black Pepper (optional)

## Directions:

1. In a large bowl, mix 1 part liquid aminos or ponzu with 3 parts water. For a stronger flavor, mix equal parts of each. Set aside. The amount needed depends on the quantity of squash.
2. Slice the zucchini or yellow squash into thick slices, about ¼ inch thick.
3. Soak the slices in the prepared liquid mixture for 5-10 minutes.
4. Line your freeze-dryer tray(s) with parchment paper and arrange the soaked slices on the tray.
5. If using liquid aminos, optionally sprinkle black pepper and garlic powder over the squash slices.
6. Freeze until completely solid before placing in the freeze dryer.
7. Freeze dry (my cycle time was 31 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Not intended

## Notes:

For a savory, classic taste, try garlic and onion powder for depth, smoked paprika for mild smokiness, or nutritional yeast for a cheesy, umami flavor. Black pepper and sea salt keep it simple, while Italian seasoning adds a Mediterranean touch with basil, oregano, thyme, and rosemary.

## Nutritional Value Per 10-15 chips

Calories: 20 Protein: 2 g Fat: 0 g Carbohydrates: 4 g Sugar: 2 g Fiber: 2 g