

Así se **VIVE** Mejor

Crunchy 'chips' to do at home

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Forget the fries package! These 'snacks' fruits and vegetables are much tastier, healthier and original. Surprise your family with these recipes 'chips'.

Of 'zucchini' carrot and jicama

Jessica Levinson, nutritionist and founder of Nutritioulicious, nutrition counseling consultant, proposed to choose one of three vegetables, or combine them! Ideal for entertaining.

a) Preheat oven to 250 ° F (121 ° C) .Utiliza a mandolin to cut vegetables into thin slices. If you include 'zucchini', use paper towels to absorb moisture.

b) Place baking paper on a tray and add olive oil. Arrange the slices on top, always in one layer. Drizzle with oil.

c) Cook the vegetables until crisp, about an hour, rotating them if necessary.

d) Add salt and different dressings. Use your imagination! Some recommendations: to 'zucchini' or paprika grated Parmesan cheese. For carrots, rosemary or thyme. And a little bit of lime juice with chili powder is fine with jicama.

Of Apple

This delicious autumnal recipe was provided by **Franci Cohen, nutritionist and personal trainer**.

a) Preheat oven to 390 ° F (198 ° C). Place a sheet of silicone on your baking sheet or, if you have, some oil or 'parchment paper. "

b) Cut 3 McIntosh apples into thin slices with a mandolin, and place them in a single layer on the source. Add 5 tablespoons cinnamon sugar.

c) Bake for one hour. Turn the slices and continue cooking half an hour más. Apaga the oven and leave the 'chips' in for another hour to get well crispy.

Of 'kale' vinegar

These two recipes shared Jorge Cruise, author of books on diet and health, proposing new combinations of flavors. No let them out!

- a) Preheat oven to 350 ° F (176 ° C). Wash and dry 12oz (340g) of 'kale' and cut into small pieces. In a large bowl, mix the pieces with 2 tablespoons extra virgin olive oil and 2 teaspoons white vinegar. All pieces of cabbage should contact with the liquid.
- b) Place on a baking sheet (in a single layer without overlapping) and add salt to taste kosher.
- c) Cook for 6 minutes. Turn the 'chips' and continue baking for 6-9 minutes or until golden and 'crunchy'.

Banana, sweet and savory

- a) Preheat oven to 400 ° F (204 ° C). Cut 2 bananas that are not fully mature into thin slices. Pass them by brown sugar (you will need about 1/4 cup).
- b) In a baking dish with a little oil, place slices and add salt and pepper.
- c) cook them for 16-20 minutes, paying attention. When the edges begin to turn crispy, they are ready!