

Nori Rice Chips / Nachos

GLUTEN FREE



Category:
Light Recipes

INGREDIENTS

- 2 sheets nori
- 2 sheets rice paper
- Salt, to taste
- Toasted sesame seeds, to taste
- Optional: everything bagel seasoning instead of sesame seeds
- Optional for nachos: salsa, chopped tomatoes, green onions, jalapeno, grated cheese or toppings of choice Note: Use organic ingredients whenever possible.

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. . Place one sheet of nori on a flat surface.
2. . Season the nori lightly with salt and toasted sesame seeds, or use everything bagel seasoning as an alternative.
3. . Dampen one rice paper sheet and place it carefully on top of the seasoned nori.
4. . Repeat with the second sheet of nori and second sheet of rice paper.
5. . Using scissors, cut into approximately 2 inch squares, then cut again into triangles if desired.
6. . Place pieces in the microwave and cook for a short time until crisp. Watch closely, as timing will vary by microwave.
7. . Let cool briefly. Eat alone as chips, or use as a base for light nachos with salsa or toppings of choice.

VICTORIA'S TIP

Prepare the ingredients in advance and avoid overcrowding the pan or air fryer for the best texture.

APPROXIMATE NUTRITION

Approximate nutrition for the basic chip recipe, before toppings: about 2 servings. Per serving: 45- 65 calories, 1-2 g protein, 8-10 g carbohydrates, 1-2 g fat. Values vary depending on rice paper size and toppings. Find this recipe in the Stop Sugar Crave Recipe Library. Scan for recipes Stop Sugar Crave™ | Recipe Library

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