

Zucchini Bread Recipes

Cottage Cheese Chips – The Ultimate High-Protein Snack

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups cottage cheese (low-fat or full-fat, well drained)
- [ ] 1 tablespoon olive oil (optional)
- [ ] 1/2 teaspoon sea salt
- [ ] 1/4 teaspoon cracked black pepper
- [ ] 1 teaspoon dried Italian herbs
- [ ] 1 teaspoon lemon zest

Optional Add-Ons

- [ ] 2 tablespoons grated parmesan cheese
- [ ] 1/2 teaspoon smoked paprika
- [ ] 1 teaspoon honey (for sweet version)

Instructions

1. Place the cottage cheese in a fine mesh sieve and let it drain for 10 minutes, then pat dry with paper towels until most moisture is gone.



2. In a mixing bowl, combine the drained cheese with sea salt, pepper, dried herbs, lemon zest, and olive oil if using. Stir gently to coat evenly.



3. Spread the mixture onto a parchment-lined baking sheet, smoothing it to a uniform 1/8-inch thickness. Sprinkle parmesan or smoked paprika on top if desired.



4. Bake in a preheated oven at 375°F (190°C) for 15-20 minutes, until the edges turn golden and the surface feels firm to the touch.



5 Remove from oven, let cool on a wire rack for 5 minutes, then break into bite-size chips and serve.



Nutrition per serving

180 kcal	22 g	8 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the chips seem soft, bake an extra 2-3 minutes; thinness is key for crispness.
- Feel free to experiment with flavors – a pinch of cumin or a dash of chili flakes adds a gentle heat.
- For a sweeter snack, replace the herbs with cinnamon and drizzle honey before baking.