Low-Carb Pepperoni Chips

Entire recipe: 125 calories, 5.5g total fat (2.5g sat. fat), 700mg sodium, 1.5g carbs, 0g fiber, <0.5g sugars, 16.5g protein

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Prep: 5 minutes   **Cook:** 20 minutes

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Ingredients

1/4 cup (about 2 large) egg whites or liquid egg substitute
1 tbsp. grated Parmesan cheese
12 slices (about 3/4 oz.) turkey pepperoni

Directions

Preheat oven to 375ºF. Spray a 12-cup muffin pan with nonstick spray.

Evenly distribute egg whites into the cups, 1 tsp. each. Top with Parm and pepperoni (or your choice of seasonings).

Bake until light golden brown and crispy with slightly curled edges, 18–20 minutes.

MAKES 1 SERVING

HG FYI: These taste best when eaten immediately... That's when they're nice and crispy!

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