

# U.S. Parmesan Onion Chips

A great high protein snack! These chips are crispy and cheesy with a caramelized onion flavor.



## INGREDIENTS

(Makes about 50 chips)

Red Onion, diced small	200g
Olive Oil	10ml
Garlic Powder	2g
Black Pepper, ground	1g
<b>U.S. Parmesan, shredded</b>	<b>200g</b>
Rosemary, fresh, minced	4g

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	248kcal
<b>Total Fat</b>	16g
Saturated Fat	9g
Trans Fat	0g
Cholesterol	36mg
<b>Total Carbohydrates</b>	7g
Dietary Fiber	1g
Sugars	3g
<b>Protein</b>	19g
Calcium	635mg
Magnesium	32mg
Phosphorus	381mg
Potassium	136mg
Sodium	841mg
Iron	1mg
Vitamin A	459IU
Vitamin C	4mg

## PREPARATION

1. **Pre-heat oven to 140°C (285°F).**
2. **In a medium bowl, toss together the red onions, olive oil, garlic powder, and pepper until coated.**
3. **Spread out onions in one layer on a baking sheet and bake for 30 minutes or until lightly browned and dried. Scrape into a small bowl and cool.**
4. **Turn oven up to 200°C (400°F).**
5. **Place parmesan, rosemary and onions in a food processor and pulse until incorporated and crumbly.**
6. **On a baking sheet lined with parchment paper, spoon out 5g of mixture into a 6cm ring/cutter and spread out to loosely fill the circle. Repeat throughout baking sheet, placing so they are not touching.**
7. **Bake for 4-5 minutes until lightly browned on the sides. Let cool completely before peeling off of the parchment.**
8. **Serve as a snack or try different shapes and use as a garnish.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.