Prep Time: 10 minutes
Cook Time: 35–40 minutes
Total Time: 45–50 minutes
Servings: 2–3

Table of Contents

- Why You’ll Love This Recipe
- Ingredients
- Instructions
    - Step 1: Preheat and Prepare (Intensity: Low)
    - Step 2: Blend the Mixture (Intensity: Medium)
    - Step 3: Portion the Chips (Intensity: Medium)
    - Step 4: Flatten to Thin Layers (Intensity: High Focus)
    - Step 5: Bake – Phase 1 (Intensity: Low)
    - Step 6: Bake – Phase 2 (Intensity: High Alert)
    - Step 7: Cool and Season (Intensity: Low)
- Recipe Notes & Tips
- Nutritional Information (Estimated)

Why You’ll Love This Recipe

If you are looking for a snack that delivers on crunch without the guilt of a bag of potato chips, you have found your match. These Cottage Cheese Chips are a revelation. They transform a humble tub of cottage cheese into thin, crispy, savory wafers that are packed with protein and low in carbohydrates.

Unlike traditional potato chips, which are deep-fried and calorie-dense, these chips are baked (or air-fried) to perfection. The texture is surprisingly similar to a cheese crisp or a baked potato chip, and the flavor is customizable. Whether you prefer them plain with a sprinkle of sea salt or loaded with herbs and spices, this recipe is a staple for the health-conscious snacker.

Ingredients

The Base:

- 1 cup (8 oz / 225g) Full-Fat or 2% Cottage Cheese: *Note: Full-fat yields the crispiest result, but 2% works well. Avoid fat-free, as it tends to burn and lacks the necessary binding structure.*
- 1/2 cup (50g) Grated Parmesan Cheese: This acts as a binder and adds a sharp, salty umami flavor that mimics the taste of traditional chips.
- 1 Large Egg White: This helps bind the mixture together and adds structure.

Flavor Variations (Choose One):

- Classic Salt & Vinegar: 1 tsp apple cider vinegar powder (or 2 tsp liquid vinegar) + 1/2 tsp sea salt.
- Herb Garden: 1 tsp garlic powder, 1 tsp onion powder, 1 tbsp fresh chopped dill or chives.
- Spicy Ranch: 1 tsp ranch seasoning mix + 1/4 tsp cayenne pepper.
- Everything Bagel: 1 tbsp Everything But The Bagel seasoning.

Equipment:

- Food Processor or Blender
- Baking Sheet
- Parchment Paper or Silicone Baking Mat

- Offset Spatula or Spoon

Instructions

Step 1: Preheat and Prepare (Intensity: Low)

Preheat your oven to 350°F (175°C) . Line a large baking sheet with parchment paper or a silicone mat. *Do not use aluminum foil without parchment paper, as the chips will stick and tear.*

Step 2: Blend the Mixture (Intensity: Medium)

In a food processor or blender, combine the cottage cheese, grated Parmesan cheese, and egg white. Process on high until the mixture is completely smooth and creamy. Time: 60–90 seconds. You should not see any visible curds; the texture should resemble a thick pancake batter. If using liquid flavorings (like vinegar or hot sauce), add them now. If using dry seasonings, you can add them now or sprinkle them on top later.

Step 3: Portion the Chips (Intensity: Medium)

Using a tablespoon, scoop small portions of the mixture onto your prepared baking sheet. Space them about 1 inch apart. Time: 5–8 minutes. You should get roughly 12–15 chips depending on the size of your scoop. Do not make them too large, or they will not crisp up properly.

Step 4: Flatten to Thin Layers (Intensity: High Focus)

This is the most critical step. Using the back of a spoon or an offset spatula, gently spread each scoop into a thin, even circle. Target thickness: About 1/8 inch (3mm). The edges should be slightly thinner than the center to ensure even baking. Time: 5 minutes. *Tip: Dip your spoon in water between flattening to prevent sticking.*

Step 5: Bake – Phase 1 (Intensity: Low)

Place the baking sheet in the preheated oven. Bake for 20 minutes. At this point, the chips

should look set and opaque, but still pale. Time: 20 minutes.

Step 6: Bake – Phase 2 (Intensity: High Alert)

Remove the sheet from the oven and carefully flip each chip using a thin spatula. This ensures even crisping on both sides. Return to the oven and bake for another 15–20 minutes, or until the chips are golden brown and crispy. Time: 15–20 minutes. *Watch closely during the last 5 minutes; they can go from golden to burnt quickly due to the cheese content.*

Step 7: Cool and Season (Intensity: Low)

Remove the baking sheet from the oven. If using dry seasonings (like ranch or everything bagel), sprinkle them over the hot chips immediately so they adhere. Let the chips cool on the baking sheet for 5–10 minutes. They will continue to crisp up as they cool. Do not move them immediately, as they are fragile when hot.

Recipe Notes & Tips

- The “Crisp Factor”: The key to crispy chips is removing as much moisture as possible. Full-fat cottage cheese has less water content than fat-free. Also, ensure your oven is fully preheated.
- Air Fryer Method: If using an air fryer, preheat to 350°F (175°C). Place parchment paper with holes in the basket. Bake for 8–10 minutes, flipping halfway. Intensity: Medium-High.
- Storage: These chips are best enjoyed fresh. However, you can store them in an airtight container at room temperature for up to 2 days. To re-crisp, pop them back in the oven at 300°F for 5 minutes.
- Intensity Guide: The “Intensity” labels above refer to the level of attention required. “Low” means you can walk away; “High Alert” means stay by the oven.

Nutritional Information (Estimated)

Disclaimer: Nutritional values are estimates and will vary based on specific ingredients used (e.g., full-fat vs. 2% cottage cheese).

Serving Size: 1/3 of the recipe (approx. 5 chips)
Calories: 140 kcal
Total Fat: 7g
Saturated Fat: 4g
Cholesterol: 25mg
Sodium: 380mg
Total Carbohydrates: 3g
Dietary Fiber: 0g
Total Sugars: 2g
Protein: 14g