

CLASSIC CHEESE CRISPS

Popular for years, these are hardly original, but they are a MUST in any low-carber's repertoire...

- **1/3 cup semi-hard shredded cheese, such as Cheddar, Colby, Swiss, etc.**

Do not attempt to use very soft cheeses such as Feta, Mozzarella, Brie, etc.

Heat a non-stick pan over medium high heat. Sprinkle sliced or finely shredded cheese in a thin layer over the bottom of the entire pan.

Okay, are you ready? Here's the big secret: Leave it alone for several minutes! First it will bubble up all over, then start to look almost lacy (with lots of holes in it); finally you will see clear grease start to run off.

When it is lightly golden brown, start carefully teasing up the edges until you can eventually pick it up and turn it over. The second side will cook very quickly in comparison to the first.

Drain on clean toweling. Shape into forms or cut into desired shapes before it cools too much. To form a bowl, simply lay over an overturned bowl and gently push the sides down to shape them. Don't burn yourself!



Per each, made with Mild Cheddar: 120 calories, 10 grams fat (6 grams saturated), 1 gram carbohydrate, 7 grams protein

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If you like the samples, you'll LOVE the cookbook - [check it out!](#)