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DON'T FORGET TO HAVE FUN!
Chef Jo with Art Director Kevin Shaw getting silly in the kitchen.

Aged Cheddar Potato Chips

WITH FRENCH ONION DIP

***Serves** 6. **Hands-on time:** 35 minutes. **Total time:** 35 minutes.*

The secret ingredient behind my bold and cheesy chips is nutritional yeast, an inactive yeast that's often used as a non-dairy cheese substitute. Nutritional yeast can be found in health-food stores, bulk stores and the organic section of many grocery stores. With virtually no fat, it's a perfect *CE*-approved cheese powder substitute.

"These aged cheddar chips were a real hit at the office. When I brought them in, everyone wanted to know what brand they were and where I bought them!" – Chef Jo

INGREDIENTS:

- Olive oil cooking spray
- 2 yellow onions, finely diced
- 3 russet potatoes (about 1½ lb), scrubbed well
- Sea salt and fresh ground black pepper, to taste
- 3 tbsp nutritional yeast
- 3 tbsp grated Parmesan cheese
- 2 tsp onion powder, divided
- 1 tsp garlic powder, divided
- 1 cup nonfat plain Greek yogurt
- 2 tbsp fresh lemon juice
- 2 tbsp chopped chives

INSTRUCTIONS:

ONE: Heat a large skillet on medium. Mist with cooking spray and add onions. Sauté, stirring frequently, until golden brown and caramelized, about 10 minutes. Transfer to a large bowl and set aside until completely cooled, about 20 minutes.

TWO: Meanwhile, arrange oven racks on the top and bottom third of oven; preheat oven to 400°F. With a mandoline or food processor with slicing attachment, slice potatoes about ⅛ inch thick. Line 2 large baking sheets with parchment paper and mist with cooking spray. Arrange potatoes in a single layer on sheets and mist with cooking spray. Sprinkle with salt and pepper and transfer 1 sheet to top and 1 sheet to bottom third of oven. Bake, switching tray positions halfway through, until crisp, about 20 to 25 minutes. (**TIP:** Smaller pieces will cook faster than larger ones. Check occasionally during last 10 minutes of cook time, removing crispy golden chips and allowing remaining chips to cook longer.)

THREE: Meanwhile, in a small bowl, combine yeast, Parmesan, 1 tsp onion powder and ½ tsp garlic powder. Remove chips from oven and immediately transfer to a large bowl. Add Parmesan mixture and toss until evenly coated. Cover and set aside in a cool, dry place until needed.

FOUR: To onions, add yogurt, lemon juice, chives and remaining 1 tsp onion powder and ½ tsp garlic powder. Season with additional salt and pepper, mix and transfer to a small serving bowl. Serve chips with dip. (**MAKE AHEAD:** For maximum flavor, prepare dip 1 hour to 1 day before serving; cover and refrigerate.)

TIP: When making chips, opt for russet potatoes. They have a high starch and low moisture content, which means they get extra crispy when baked.

Nutrients per serving (1 cup chips and ¼ cup dip): *Calories: 155, Total Fat: 1 g, Sat. Fat: 0.5 g, Carbs: 29 g, Fiber: 3 g, Sugars: 5 g, Protein: 9 g, Sodium: 84 mg, Cholesterol: 2 mg*

Nutritional Bonus:

Nutritional yeast is one of the only plant-based sources of vitamin B_{12}, a water-soluble vitamin that aids in red blood cell formation and the development of nerve cells. A mere 2 tsp provides 100% of your daily requirement of vitamin B_{12}.

When homemade isn't an option, reach for a bag of *CE*-approved chips:

BEANITOS
Pinto Bean and Flax Chips

Pinto beans, flax and whole-grain rice make up most of the ingredient list of this clean snack. They're high in fiber and have a 4-g punch of protein in every 1-oz serving!

$4 per 6-oz bag, beanitos.com

BLUE DIAMOND
Sea Salt Baked Nut Chips

If you've missed your favorite salted chips since you started eating clean, these nut chips are your answer – with 22 g of whole grain in every serving!

$3 per 4.25-oz bag, bluediamond.com

POPCORN INDIANA
Sea Salt Chip'ins

If you're craving a crunchy snack, these all-natural popcorn chips have you covered! With 2.5 g of fat per 1-oz serving, you can dive into one of these bags with zero guilt!

$4 per 7.25-oz bag, popcornindiana.com

FOOD SHOULD TASTE GOOD
Multigrain Tortilla Chips

At just 6 g of fat per 1-oz serving, these tortilla chips boast flax, sunflower seeds, quinoa and oat fiber on their clean ingredient list!

$3 per 5.5-oz bag, foodshouldtastegood.com

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Give your chips some variety with our Caramelized Onion, Spinach & Artichoke Dip at **cleaneating.com/recipes** – just one gram of fat per serving!

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