

Spicy Polenta Chips

Makes around 36 chips



INGREDIENTS

- 1/2 cup polenta (aka corn grits)
- 1/2 tsp. chipotle chili pepper (choose any sodium free ground chili powder)
- 3/4 cups boiling water
- 1 tsp olive oil
- Paprika



DIRECTIONS

- Preheat oven to 450 degrees.
- Mix polenta and chili powder in a bowl.
- Add boiling water and olive oil, stirring well.
- Wait a few minutes to allow the corn to absorb the water.
- Spoon 1/2 teaspoon to 1 teaspoon-sized dollops of mix onto a parchment lined cookie sheet.
- Using the back of a spoon, spread the corn mix into a disk as thinly as possible without having big holes.
- Sprinkle chips with paprika.
- Cook the chips at 450 for 10-11 minutes or until they start to brown and lift up at the edges.

