3-Ingredient Low Carb Fries

Description

Low carb diets have gained popularity for their potential health benefits and weight management properties. This 3-Ingredient Low Carb Fries recipe offers a unique twist on traditional fries by using cottage cheese, Parmesan, and egg. These ingredients not only keep the carb count low but also add a rich flavor and satisfying texture. Perfect for anyone looking to enjoy a crispy snack without the guilt. These low carb fries pair wonderfully with a simple green salad, dressed with a tangy vinaigrette to balance out the richness of the fries. They also work well as a side dish for grilled meats, such as chicken or steak, or as a substantial snack alongside a fresh yogurt dip sprinkled with herbs like dill and chives.

3-Ingredient Low Carb Fries
Ingredients

- 1 cup cottage cheese
- 1/2 cup grated Parmesan cheese
- 1 large egg

Directions

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a food processor, blend the cottage cheese until smooth.
3. In a mixing bowl, combine the blended cottage cheese, grated Parmesan cheese, and egg. Mix until well combined.
4. Scoop the mixture onto the lined baking sheet and spread it out evenly to a thickness of about 1/4 inch.
5. Using a knife or pizza cutter, score the spread mixture into fry shapes. Top with extra parmesan if desired.
6. Bake in the preheated oven for 20-25 minutes, or until golden and crispy.
7. Allow the fries to cool on the baking sheet for a few minutes before separating them at the scored lines.

Variations & Tips

For added flavor, you can sprinkle some garlic powder or paprika into the mixture before baking. For a hint of heat, consider adding a pinch of cayenne pepper. If you prefer a different cheese, try substituting Parmesan with shredded cheddar or mozzarella for a variation in taste. Additionally, these fries can be

air-fried at 375Â°F for about 15 minutes for an even crispier texture.
Category

1. Oven Recipes

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