

Salt and Pepper Air Fryer Chips

Potatoes USA

These simple chips made with russet potatoes are great for parties or get-togethers.

★★★★★ 5 from 1 vote



PREP TIME		COOK TIME	
5 mins		20 mins	
COURSE	CUISINE	SERVINGS	CALORIES
Side Dish, Snack	American	4	160 kcal

EQUIPMENT

- Air fryer

INGREDIENTS

- Cooking oil spray as needed
- 1 Alsum russet potato washed, dried, about 6 ounces
- 1 Tablespoon Vegetable oil
- ½ Teaspoon Fine sea salt
- ¼ Teaspoon Black pepper freshly ground

INSTRUCTIONS

- Preheat the air fryer to 375°F.
- Thinly slice the potatoes either with a knife or a mandoline/food processor with a thin setting for slicing works well too. Place the potato slices into a bowl of cold water to rinse some of the starch off.
- Lightly spray the air fryer basket with the cooking oil spray.
- Remove the potato slices from the water and drain well before laying them on paper towel to dry.
- Place the potato slices in an even layer. Lightly brush the potatoes with the vegetable oil and cook them in the air fryer for about 20 minutes.
- Using a pair of tongs gently remove the chips from the air fryer. Season them with the sea salt and black pepper. Repeat if more chips are desired.

NOTES

Serve chips with your favorite dip or sauce.

NUTRITION

Calories: 160kcal	Carbohydrates: 31g	Protein: 4g	Fat: 3.5g
Sodium: 300mg	Potassium: 711mg	Fiber: 2g	Sugar: 1g
Vitamin C: 9.7mg			