



Dose  of Nutrition

Spiced Lentil Pasta Chips

BY HUMA NAZ



Makes 1 cup

Total time:
12 minutes

Gluten-free

Vegetarian

INGREDIENTS

- 1 cup red lentil pasta
- 1 tbsp. avocado oil
- 1/2 tsp. garlic powder
- 1/2 tsp. red chili flakes
- 1/4 tsp. chili powder
- 1/4 tsp. ground black pepper
- 1/4 tsp. onion powder
- 1/4 tsp. garam masala
- 1 tsp dried cilantro

DIRECTIONS

01

Cook pasta for about 1/2 the time listed on the package.

02

Drain the pasta and let it cool for a few minutes.

03

Add oil and seasonings to the pasta. Toss to combine.

04

Spread the pasta out evenly in the air fryer basket. Air fry at 400°F for about 7 minutes or until golden brown and crispy. Shake the basket in between time.

05

Let it cool for a few minutes, sprinkle over cilantro and enjoy with a dip or my Coconut & Herb Chutney(found on my blog).

Share your recreations
with me on Instagram-
I'd love to see!
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RECIPE NOTES

- Different ways you can season the chips include- parmesan cheese or nutritional yeast, garlic powder, onion powder, dried herbs, curry powder, everything but the bagel seasoning are some ideas!
- You can use different shapes and types of pasta.
- Avoid overcooking the pasta or using too much oil for best results.
- Avoid overcrowding by air frying the pasta in batches if you have a larger portion.
- You can also bake these chips in the oven at 400°F for about 20 minutes or until golden brown, tossing between time but they might not get as crispy as the air fried version.

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