

Wasabi Nori Chips

Makes 60 chips, or 5 servings



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1/4 cup water
- 2 tablespoons powdered wasabi
- 10 sheets nori (seaweed)
- Salt

Directions

1. Heat oven to 250°F.
2. Combine the water and the wasabi in a small bowl and whisk until the wasabi is dissolved. The wasabi tends to settle to the bottom, so you may need to stir between batches.
3. Take one sheet of nori and fold it in half. Unfold it and lightly paint half the sheet with the wasabi water using a pastry brush. Sprinkle the inside with salt and press it closed. Lightly brush the top with wasabi water. Using a sharp knife, cut the nori into six strips and transfer them to a baking sheet.
4. Repeat this process with remaining nori until baking sheet is full. Strips can be close to each other, but should be in a single layer without touching. Bake for 10-15 minutes, until darkened, dry to the touch, and brittle. Transfer the nori crisps to a cooling rack to finish crisping. Repeat with any remaining sheets of nori.
5. Store in an airtight container. They will stale a bit with time, but should still stay crispy for a few days.

Note

Substitutions: Spice it up with garlic powder, sesame seeds, or cayenne pepper.

Recipe from Cook Well Berkeley: Healthy Edible Holiday Gifts, Fall 2015