

# Homemade Bitter Melon Chips

## Ingredients

- 1 large Chinese-style bitter melon
- 2 tbsp. chickpea flour
- 2 tbsp. rice flour
- 1 tbsp. nutritional yeast
- 1 tsp. garlic powder
- ½ tsp. salt, plus more for sprinkling
- Vegetable oil for cooking

## Steps

1. Prepare your bitter melon by peeling off the skin, cutting in half the long way, and removing the seeds. Use a sharp knife to make thin slices, leaving you with thin, half-moon shaped pieces. Prepare the coating by mixing the chickpea flour, rice flour, nutritional yeast, garlic powder and ½ tsp. salt together in a mixing bowl.
2. Heat some vegetable oil in a skillet or pot- you need enough to have about a ½ inch of oil. Bring the oil to a medium high heat. Working in batches, toss a small handful of the sliced bitter melon in the flour mixture, making sure it's been coated.
3. Prepare a baking sheet with a layer of paper towel, and set aside. Working in batches, place some of your coated bitter melon in your hot oil, making sure none of them touch. Cook for a couple minutes, giving it the occasional stir, until the chips turn a golden-brown color. Use a slotted spoon to transfer the cooked chips onto the prepared baking sheet, and sprinkle with salt. Repeat until all the bitter melon is cooked. Let cool to room temperature before storing in an airtight container. Enjoy!

