



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
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**FRESH SQUASH CHIPS**  
*SOUTHERN LIVING – JULY 2011*

- **Cut 2 yellow squash and 2 zucchini into ¼-inch-thick rounds. (use a crinkle cutter for ‘ruffled’ chips, or chefs knife for smooth slices)**
- **Combine squash, zucchini, 4 cups cold water, and ¼ teaspoon of salt in a large bowl.**
- **Cover and chill 30 minutes; drain and pat dry with paper towels.**
- **Serve with your favorite dip as an alternative to potato chips**