Prep Time	5 minutes
Cook Time	8–10 minutes
Total Time	13–15 minutes
Yield	12 crisps (2 servings)
Difficulty	Easy
Cuisine	American / Keto Snack

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Ingredients

For the crisps:

- 6 slices provolone cheese (about 1 oz / 28 g each), preferably deli-cut or thick-sliced

- Optional: parchment paper or silicone baking mat for lining

Optional flavor variations (choose one or mix):

- ¼ teaspoon garlic powder
- ¼ teaspoon Italian seasoning
- Pinch of red pepper flakes
- ¼ teaspoon smoked paprika
- 1 tablespoon grated Parmesan (sprinkled on top)
- Fresh cracked black pepper

For serving:

- Marinara sauce (no-sugar-added, for keto)
- Ranch or blue cheese dip
- Guacamole

- A charcuterie board

Equipment Needed

- Baking sheet (or air fryer basket)
- Parchment paper or silicone baking mat
- Sharp knife or kitchen shears
- Paper towels (to blot excess oil)
- Wire cooling rack

Instructions

Step 1: Preheat the Oven — *Time: 3 minutes | Intensity: Low*

Preheat your oven to 400°F (200°C). If using an air fryer, preheat to 375°F (190°C). Line a baking sheet with parchment paper or a silicone mat — this is essential. Cheese will fuse to bare metal and become nearly impossible to remove.

Step 2: Prepare the Cheese — *Time: 2 minutes | Intensity: Low*

If your provolone comes in round deli slices, cut each slice in half to create half-moon shapes, or leave whole for larger crisps. If using a block, slice it thinly — about ⅛ inch (3 mm) thick. Uniform thickness is key to even crisping. Pat the slices dry with a paper towel to remove surface moisture, which can cause steaming instead of crisping.

Step 3: Arrange on the Baking Sheet — *Time: 2 minutes | Intensity: Low*

Lay the provolone slices flat on the prepared baking sheet, leaving at least 1 inch (2.5 cm) between each slice. Cheese spreads and bubbles as it melts — crowding leads to one giant cheese blob instead of individual crisps. For smaller, chip-sized crisps, cut each slice into quarters.

Step 4: Add Optional Seasonings — *Time: 1 minute | Intensity: Low*

Sprinkle your chosen seasonings evenly over the cheese slices. Keep it light — a little goes a long way, and heavy seasoning can burn during the short bake. Garlic powder, Italian seasoning, and a pinch of red pepper flakes are classic choices.

Step 5: Bake — *Time: 8–10 minutes | Intensity: Low (passive)*

Bake on the middle rack for 8–10 minutes, watching closely after the 6-minute mark. The crisps are ready when the edges are deeply golden and the centers are bubbly and lacy. They will still look slightly soft when hot — that’s normal. Do not let them turn dark brown, which means burnt and bitter.

Air fryer method: Arrange slices in a single layer in the basket and cook at 375°F (190°C) for 5–7 minutes, checking at 4 minutes.

Step 6: Cool and Crisp — *Time: 5 minutes | Intensity: Low*

Remove the baking sheet from the oven and let the crisps rest on the sheet for 2–3 minutes until firm enough to lift. Then transfer them to a wire cooling rack to cool completely — about 5 minutes. They continue crisping as they cool. Blot any excess oil with a paper towel if desired.

Step 7: Serve or Store — *Time: 1 minute | Intensity: Low*

Serve immediately with marinara, ranch, guacamole, or as part of a charcuterie board. Or cool completely and store in an airtight container.

Time & Intensity Summary

Phase	Duration	Intensity
Preheat oven	3 minutes	Low
Prepare cheese	2 minutes	Low
Arrange on sheet	2 minutes	Low
Add seasonings	1 minute	Low
Bake	8–10 minutes	Low (passive)
Cool & crisp	5 minutes	Low
Serve or store	1 minute	Low
Total	~13–15 minutes	Easy

Nutrition Information (Per Serving — 6 crisps)

Nutrient	Amount
Calories	215 kcal

Nutrient	Amount
Total Fat	16 g
Saturated Fat	10 g
Cholesterol	50 mg
Sodium	430 mg
Total Carbohydrates	1 g
Dietary Fiber	0 g
Total Sugars	0.5 g
Protein	15 g
Calcium	40% DV
Iron	0.2 mg