

"No Mo Fried Corn Chips for Me" ...



About a year ago, though I was eating basically all raw, I still enjoyed having chips every so often. Who doesn't, right! Let's be honest, chips and salsa is a meal in itself.

Of course, I was particular about the chips I purchased. I bought the healthy ones - you know, the ones that are organic, made of amaranth, quinoa, and that have sea salt versus table salt. Healthier maybe than others, but health promoting, NOT!

One day while enjoying a few chips, I stopped and held a chip out in front of me ... and I said to it, *you are not real food ... you are fried, create free radicals, and do not promote health or youthfulness*. So, I quit.

Fried food is not health food. We know that specific oils are not good for consumption and that heating oils (deep frying) at high temperatures is a recipe for disastrous health issues ... they oxidize and can become carcinogenic.

Before I knew it, 6 months had passed, and my body was healthier for it ... but in the meantime, I began trying a few chip and cracker raw food recipes. I did this not only for myself, but to give my clients.

I now enjoy chips and salsa again, without them being fried or baked.

Here are two versions ... one with flax seed, the other with chia seed. Great sources of omega 3.

Amazing Corn Chip Recipe - Chia Seed Version:

Equipment Needed: Food processor, high speed blender, and dehydrator

Yield: 5 dozen

Ingredients:

- 1 1/4 cups almonds, soaked overnight, rinsed and drained
- 1 cup chia seeds, soaked in 2 cups of water for 2 hours, and 1/4 cup ground chia seeds
- 3/4 cup non-GMO, organic corn (you can use frozen or fresh - if you have a Trader Joes in your area, they carry organic corn in the cold food section, as do a few other markets)
- 1 1/2 cups chopped yellow peppers and 1/2 cup chopped red peppers, seeds removed (or 2 cups of either)
- 2 1/2 tablespoons onion powder
- 1 1/2 teaspoons dried oregano
- 1 teaspoon cumin
- 1/2 teaspoon Himalayan salt
- 1/2 teaspoon cayenne pepper powder (add more if you desire)

Note: I have found that you may need to add 1/2 cup of water or so, in order to get it to blend well enough in the Vitamix.



Flax Seed Version:

Equipment Needed: Food processor, high speed blender, and dehydrator

Ingredients:

- 1 1/4 cups almonds, soaked overnight, rinsed and drained
- 1 1/4 cups flax seeds, soaked in 2 cups of water for 2 hours
- 3/4 cup non-GMO, organic corn (you can use frozen or fresh - if you have a Trader Joes in your area, they carry organic corn in the cold food section, as do a few other markets)
- 1 1/2 cups chopped yellow peppers, seeds removed
- 1/2 cup chopped red peppers, seeds removed
- 2 1/2 tablespoons onion powder
- 1 1/2 teaspoons dried oregano
- 1 teaspoon cumin
- 1/2 teaspoon Himalayan salt
- 1/2 teaspoon cayenne pepper powder (add more if you desire)

Preparation Steps for Either Recipe:

1. In a large bowl, combine all ingredients and mix together by hand
2. Using a food processor, equipped with an 'S' blade, add ingredients a little at a time, process, then add more and repeat, until well combined. Spoon mixture in large mixing bowl.
3. Take 1/2 to 3/4 of the mixture and place in a Vitamix, or high-speed blender, and blend until smooth. Add water if necessary to create a vortex - due to thickness of mixture, stop and start Vitamix. You don't want to put too much strain on machine. Just get it blended enough to get vortex and then spoon back into bowl with the other half and mix well.
4. Spread 2 1/2 cups, evenly, per dehydrator sheet (size 14x14 inches) - covering the entire sheet, then score into 32 even-sized chips. OR, spread 2 1/4 cups, evenly, per dehydrator sheet (size 14x12 inch).



5. Dehydrate at 145 degrees for 2 hours, then reduce down to 115 degrees and dehydrate overnight for approximately 12 hours. Because chips are so moist, beginning at a higher temperature does not cook them, but speeds up the process and helps protect from mold forming. Flip chips over and carefully peel off dehydrator sheet, and continue dehydrating until crisp.

Then make your salsa or guacamole, and you are good to go - ole!

History of the Corn or Tortilla Chip

Although first mass-produced in Los Angeles in the late 1940s, tortilla chips have always been considered to be a Mexican food.

The triangle shaped tortilla chip was popularized by Rebecca Webb Carranza as a way to make use of misshapen tortillas rejected from the automated tortilla-manufacturing machine that she and her husband used at their Mexican delicatessen and tortilla factory in southwest Los Angeles. She found that the discarded tortillas, cut into triangles and fried, were a popular snack, and she sold them for a dime a bag at the El Zarape Tortilla Factory. And now you know the rest of the story ...

PS - In 1994, Carranza received the Golden Tortilla award for her contribution to the Mexican food industry.