

Vegetable Chips

A delicious alternative to potato chips...and a lot healthier, too! Add different spices and herbs to make endless varieties.

- Root Vegetables of choice (sweet potatoes, parsnips, carrots, beets, radishes, etc.), washed, scrubbed and peeled if necessary
- Olive Oil
- Kosher or sea salt

Using a mandolin or sharp knife, thinly slice vegetables, approximately 1/16 inch thick. .

Place in a bowl and lightly drizzle with olive oil. Gently toss to coat.

Spray a cookie sheet with nonstick cooking spray. Lay vegetable slices in a single layer on the cookie sheet. (sprinkle very lightly with salt, if desired)

Place in a 225 degree oven for 30 to 45 minutes or until the chips are crisp and lightly browned. Watch carefully to avoid overcooking.

Remove from oven and place on paper towel to cool.

Note: For fruit chips, slice fruit very thin, place on a cooling rack lightly coated with nonstick cooking spray. Place in a 200 degree oven for 2 hours. Remove when beginning to crisp.