

Make Your Own Veggie Chips



BEET CHIPS

INGREDIENTS

4 beets
1 Tbsp. oil
½ tsp. salt

NUTRITION FACTS *4 servings*

Calories: 74 Total Carbohydrate: 10 g
Fat: 4 g Dietary fiber: 2 g
Sodium: 368 mg Protein: 2 g

DIRECTIONS

1. Preheat oven to 375°. Thinly slice beets (best with a mandolin set to 1.5 mm).
2. Place sliced beet in a bowl and toss with the oil and salt. Line baking sheet (will need more than one) with sliced beets and bake 10-15 minutes. Flip slices and continue baking an additional 10-15 minutes until crispy.

KALE CHIPS

INGREDIENTS

1 large bunch fresh kale, curly variety (4-5 cups chopped)
2 Tbsp. extra virgin olive oil
1 tsp. paprika or other seasoning
Salt

NUTRITION FACTS

4 servings
Calories: 101
Fat: 7 g
Sodium: 184 mg
Total Carbohydrate: 9 g
Dietary fiber: 1 g
Protein: 2.5 g



DIRECTIONS

1. Preheat oven to 275-300 degrees. Wash kale, remove large stems, and dry leaves well with a paper towel. Chop or tear into bite-sized pieces.
2. Place kale in a bowl and toss with olive oil, paprika and salt to coat leaves. Place a single layer on baking sheet(s). Bake 10-20 minutes or until crispy, watching carefully to avoid burning.



SWEET POTATO CHIPS

INGREDIENTS

2-3 small sweet potatoes (about 3 cups)
1 Tbsp. olive oil
Salt and pepper

DIRECTIONS

1. Preheat oven to 375 degrees. Wash and dry your sweet potatoes.
2. Slice sweet potatoes into very thin rounds (using a mandolin set to 1/16 inch thickness or a very sharp knife).
3. Lightly brush each slice with olive oil on both sides. Without overlapping, line 2 baking sheets with rounds. Sprinkle with a little salt and pepper. Bake for 30 minutes before flipping all rounds. Bake for 20 additional minutes or until golden brown.
4. Leave the chips on the pan for 10 minutes after removing

NUTRITION FACTS *4 servings*
Calories: 120 Total Carbohydrate: 23 g
Fat: 4 g Dietary fiber: 1.5 g
Sodium: 170 mg Protein: 0 g