



Root Vegetable Chips

INGREDIENTS

- 1 Beet; peeled and very thinly sliced
- 1 Parsnip; peeled and very thinly sliced
- 1 Sweet Potato; peeled and very thinly sliced
- 1 Taro; peeled and very thinly sliced
- Optional: Salt, cinnamon, other spices

DIRECTIONS

Preheat the oven to 375 degrees F. Line 2 baking sheets with parchment paper. Using a mandolin or very sharp knife, slice the vegetables into thin rounds. Spread the slices between the baking sheets, making sure they do not overlap. Bake, rotating the baking sheets halfway, until the chips are brown in spots and crispy, 20 to 30 minutes. Season immediately with seasonings if desired. Let cool for 10 minutes. Makes 2 servings; 175 calories each.