

Baked Vegetable Chips



Servings: 4

2 russet potatoes
1 sweet potato
1 carrot
1 parsnip
1 beet
sea salt
avocado oil

Pre-heat oven to 350°F. Line 2 baking sheets with parchment paper, and set aside.

Scrub the vegetables clean, and peel off the skins if desired.

Using a mandolin slice the vegetables into thin slices.

Lay the vegetable slices in one even layer on the prepared baking sheets. Brush or spray the vegetables with avocado oil and season with sea salt.

Place the baking sheets into oven for 15 minutes. After 15 minutes rotate the baking sheets and bake for an additional 15 minutes. Rotate the baking sheets one more time and bake for 5-10 minutes until the chips are lightly browned and crisp.

Remove from the oven.

Serve

Per Serving (excluding unknown items): 152 Calories; trace Fat (1.6% calories from fat); 4g Protein; 35g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 53mg Sodium; 6g Total Sugars; 0mcg Vitamin D; 44mg Calcium; 2mg Iron; 794mg Potassium; 111mg Phosphorus. Exchanges: .