

# VEGETABLE CHIPS

## Ingredients

1. Vegetables: Potatoes, sweet potatoes, red or golden beets, zucchini, summer squash, taro, parsnips, rutabaga, eggplant - sliced thin and allow to sweat based on the water content.
2. Fine sea salt; flaky sea salt
3. Avocado oil or Olive Oil

## Instructions

- Vegetables with high % of water: Lay the veggie slices on a sheet tray. Sprinkle liberally with sea salt. Allow to sweat for about 10 minutes. Using paper, dab off excess moisture then follow cooking instructions. Season with flaky sea salt
- Vegetables with low % of water: toss the vegetables in olive oil to coat lightly before adding to parchment paper; season with fine sea salt

1. Preheat oven to 300°F (149°C)
2. Lay vegetables on a sheet tray lined with parchment paper.
3. Brush the slices with avocado oil both sides
4. Bake for 15 minutes, rotate the pans and turn vegetables. Bake for an additional 10 minutes, or until the chips are brown and feel slightly crisp
5. Cool completely, store in an airtight container

Tips: Slice your vegetables thinly, about 1/8 inch thick. Slice carrots, parsnips long to create different textures and shapes. Use a mandolin to allow for even baking.

