

OVEN BAKED SWEET POTATO CHIPS:



Sweet potatoes, are bursting with calcium, potassium, vitamins A & C. Oil-free sweet potato chips are simple to prepare and a perfect companion for your favorite dips including guacamole and hummus. Or enjoy them as a stand-alone snack.

Prep Time: 5-10 minutes **Cook Time:** 45-60 minutes **Oven Temp:** 375 degrees F

Ingredients

Sweet potatoes
Salt
Chili powder
Cumin

Instructions

1. Preheat oven to 375 degrees F.
2. Meanwhile, peel sweet potatoes, then slice into rounds about ¼" thick.
3. Place rounds on a baking sheet lined with parchment paper and sprinkle with seasonings to your taste.
4. Bake for 45 minutes to 1 hour, turning at least once until potatoes are cooked through.

Recipe Notes

Plan to prepare approximately 1-2 sweet potatoes per person depending on the size of the potato.

Sweet potato chips are best when freshly cooked, but can be stored in the fridge and then reheated