

Baked Root Veggie Chips

The best combination of healthy, delicious, and simple, these root vegetable chips are baked and perfectly crisp. Dunk in Hummus, serve alongside a sandwich for lunch, or have as an evening snack, the reality is you can't go wrong.

4 medium root vegetables (a mixture of beets, yams, taro root, carrot etc)

¼ cup Chipotle Infused Olive Oil

1 sprig rosemary

1 tsp sea salt

Preheat the oven to 425°F.

Line a baking sheet with parchment paper and place a metal baking rack on top. Spray the rack with cooking spray.

Peel the vegetables, and using a mandolin, thinly slice them. If sugar beets are used, slice them last and separate them from the other vegetables. Finely chop the fresh rosemary.

Place vegetables in a large bowl with the olive oil (reserve 1 tbsp of olive oil if using beets), rosemary, and sea salt. Using your hands, rub the seasoning into the vegetables. Remove from the bowl and spread on the baking rack. Add the remaining olive oil to the bowl and rub into the beets along with any remaining seasonings left in the bowl. Place on the wire rack with the other root vegetables.

Place in the preheated oven and bake for 15 to 20 minutes, occasionally checking to ensure they are not browning too much. Remove from the oven, let cool slightly and enjoy!