Baked Veggie Chips

Equipment

- Chopping board
- Cooks knife
- Peeler
- Mandolin - handheld slicer
- Paper towel
- Baking tray
- Baking paper

Ingredients

- 2 large parsnips--peeled, skinny ends discarded and fat ends halved lengthwise
- 2 sweet potatoes, peeled and halved crosswise
- 2 purple or golden beets, peeled and halved
- Fine sea salt
- Extra virgin olive oil cooking spray

What to do

1. Using a mandolin or handheld slicer, slice the vegetables 5mm thick.
2. Place the vegetable slices on paper towel in a single layer. Let stand for 10 minutes, then blot dry. Position racks in the upper and lower thirds of the oven and preheat to 375 degrees.
3. Working in batches, place vegetable slices in a single layer on baking paper, on a tray. Lightly spray and salt vegetable slices.
4. Bake until crisp, about 20 minutes. Let cool on the baking tray for 5 minutes. Transfer to a bowl. Repeat with the remaining vegetable slices.