

Baked Yam Chips

Ingredients

Cooking Spray

(2) 7 oz. Yams or Sweet Potatoes

Garlic Hickory spice, Bourbon
Maple or Pork Barbecue spice mix,
or Pappy's spices to taste.

Recipe is almost fat free. Cooking
spray when used this way does
have some fat in it, but the
amount is less than 1 gram per
serving.

Ingredient	Calories
Yams	460
Total:	460
Each Serving:	120

Directions

1. Preheat the oven to 350 degrees F.
2. Using a potato peeler, remove the skin from the vegetables completely.
3. Slice the veggies into thin rounds.
4. Place parchment paper on a two large cookie sheets.
5. Place the slices on the parchment paper.
6. Spray the veggies **lightly** with cooking spray and place in the oven.
7. Sprinkle slices with spices of your choice.
8. Bake for 20 minutes.
9. Remove cookie sheets from oven and flip the slices over.
10. Spray the veggies **lightly** with cooking spray.
11. Sprinkle slices with spices of your choice.
12. Return cookie sheets to oven for 15 minutes.
13. Serve while hot or warm.

Yield: 4 Servings

