

Baked Yam Chips

Ingredients

Cooking Spray

(2) 7 oz. Yams or Sweet

Potatoes

Garlic Hickory spice or Celery
Salt, 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 into 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

