



Sweet Potato Chips (ES)

Serving: 1

Veg

Ingredients

- -2 organic sweet potatoes (150 grms each)
- -2 Tbsp (30 ml) olive oil
- **-optional: $\frac{1}{4}$ tsp sea salt**

Preparation Method

- -Preheat oven to 250 degrees F (121 C) and position oven rack in the center of the oven.
- -Rinse and dry your sweet potatoes thoroughly and slice them as uniformly thin as possible. If you have a mandolin, use it. Otherwise, use a very sharp knife to get these uniformly thin. Know that chips that are too thick in parts won't crisp up all the way. Still delicious, just not
- -Toss slices in a touch of olive oil to lightly coat, then sprinkle with salt. Lay out in a single layer on a baking sheet and bake for about 2 hours, flipping chips once at halfway point to ensure even cooking. I also rotated mine for more even cooking (optional but recommended).
- -Remove once crisp and golden brown. Some may feel a little tender in the middle but take them out and let them rest for 10 minutes or so to crisp up before sampling.
- -Serve immediately.