

= Vegetable chips =

Vegetable chips (also referred to as veggie chips) are chips or crisps that are prepared using vegetables . Vegetable chips may be fried , deep @-@ fried , dehydrated , dried or baked . Many various root vegetables or leaf vegetables are used . Cassava chips are a common food product in several areas of the world . Vegetable chips may be eaten as a snack food , and may accompany other foods such as dips , or be used as a topping on dishes . In the United States , vegetable chips are mass @-@ produced by some companies , and several brands are marketed to consumers .

= Preparation and ingredients =

Vegetable chips may be prepared with sliced vegetables that are fried , deep @-@ fried , baked , dehydrated , or simply dried . Vegetable chips may be produced from a variety of root vegetables and leaf vegetables , such as carrot , turnip , parsnip , beet , radish , taro root , sweet potato , garlic , zucchini , cassava , kale , spinach , fennel and jicama , among others . Some baked versions utilize vegetables that are sliced , lightly tossed in oil , and then oven @-@ baked until crisp . Vegetable chips prepared using this method have been described as more healthful compared to deep fried chips , particularly when prepared using " heart @-@ healthy " olive oil .

Simple versions are prepared by slicing vegetables and drying them , without any cooking involved . Sometimes a mandoline is used to slice vegetables for vegetable chips , which can accommodate thin slicing and enhance size consistency . Vegetable chips may be flavored with spices such as salt , sea salt , pepper , cajun spice , curry , allspice , chipotle powder , sweet or smoked paprika , adobo seasoning , dried chives and many others . Mass @-@ produced varieties may contain food preservatives or monosodium glutamate . Vegetable chips can be homemade using various recipes and preparation processes .

Vegetable chips

= = Carrot chips = =

Carrot chips are carrots that have been fried or dehydrated , and are very similar to vegetable chips in preparation . Some U.S. companies mass produce and purvey carrot chips to consumers , such as Connecticut Country Fair Snacks , Ltd. and Caroff Foods Corporation , among others .

= = Cassava chips = =

Cassava chips are a common food in the Democratic Republic of the Congo , Ghana and other countries of Africa such as Malawi . In Ghana , cassava chips are called konkote . Dried cassava chips are also used to supplement the carbohydrate content of livestock feed in Ghana . In Malawi , cassava chips are prepared by soaking cassava , slicing it , and then letting it dry . This is the primary means by which cassava is transported to markets from production areas .

In addition to prepared cassava chips from thinly sliced raw cassava root that is then immediately fried or deep @-@ fried , chips may be prepared in a multi @-@ stage process , starting with a dough made from cassava flour . The dough is steamed , thinly sliced , dried , and then fried in oil . This style of cassava flour chips are a popular food in India , Indonesia , Malaysia and the Philippines .

= Consumption and uses =

Vegetable chips may be consumed as a snack food , and may be accompanied with various dips such as salsa , guacamole , and bean dips . They are also used as a topping for soups , salads and other dishes .

= Mass production =

In the United States , varieties of vegetable chips are mass @-@ produced and purveyed in supermarkets .

== Potato chips and crisps ==

Potato chips are a type of vegetable chip , and began to be mass @-@ produced and individually packaged for consumer purchase in the early 20th century . Some mass @-@ produced vegetable chips in the U.S. are prepared from a blend of potato flakes , potato flour and potato starch which is mixed with ingredients such as spinach powder , tomato puree and colored with ingredients such as beet root powder and turmeric . In 2012 , the U.S. consumption of potato chips exceeded 1 @.@ 5 billion pounds , an average of approximately 6 pounds per person .

== Brands and companies ==

Brands of vegetable chips include Calbee , Beanitos , Terra , Food Should Taste Good , JicaChips , Sensible Portions , and Uprooted , among others . As of February 2016 , Kettle Foods produces the Uprooted brand of vegetable chips in a Sweet potatoes variety and a Sweet potatoes , beets and parsnips variety . The product is " lightly seasoned with oil and sea salt " . Marketing of the product to consumers began circa February 2016 .