

# Beet Chips with Lemon Zest

MIND foods: Vegetables, olive oil

Serves 6

Time: 30 minutes

Difficulty: Easy

## Ingredients

- 3 large beets, washed, scrubbed and peeled, cut into 1/32" slices
- 2 T olive oil
- 1 large lemon, zested
- Kosher salt, optional
- Optional garnish: 1 chive, thinly sliced



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## Method

1. Preheat oven to 350F.
2. To slice the beets, you may use a food processor, mandolin, or sharp chef's knife.
3. Place sliced beets in a large bowl and toss with olive oil. Spread sliced beets on a baking sheet in a single layer.
4. Bake for 10 minutes, rotate, and bake for another 10 minutes, or until crisp enough that edges have begun to curl and a little color has developed.
5. Remove from oven, sprinkle sparingly with salt and garnish with lemon zest and/or chives.
6. Allow chips to cool slightly before serving.



## Notes

Using medium to large beets is best because the chips will shrink during baking. Trying thicker slices, e.g. 1/16" is also fine, though may require longer cooking time.

Keep regular watch on chips after the first 10 minutes to avoid burning.

Zesting a lemon and letting the zest rest encourages curling, which may be desirable for presentation.