

## Sweet Potato Chips



**Makes 5 servings**

Active time: **10 minutes**

Total time: **3 1/2 hours**

Course: **Lunch**

Make perfectly crunchy veggie chips at home with this healthy recipe. Use a mandoline to slice the sweet potatoes extra-thin for the optimum crunch!

### Ingredients

- 1 large sweet potato (about 1 pound), thinly sliced (about 1/8 inch thick)
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt

### Preparation

1. Preheat oven to 200°F. Line 2 large baking sheets with parchment paper.
2. Toss sweet potato slices with oil and salt. Spread in a single layer on the prepared baking sheets.
3. Bake on the upper and lower oven racks until crisp, rotating the pans top to bottom and front to back halfway through, about 3 hours. Cool on the pans for 30 minutes before serving.

### Tips & Notes

Parchment paper

### Nutrition

Per serving: 58 calories; 7 g carbohydrates; 3 g fat (0 g sat, g mono); 1 g protein; 0 mg cholesterol; 1 g dietary fiber; 171 mg potassium; 246 mg sodium. Nutrition bonus: Vitamin A (138% daily value)

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