

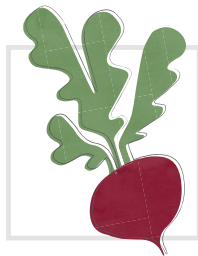


oven baked beet chips

A little bit sweet, lots of crunchy.

PREP TIME : 15 mins | COOK TIME : 30 mins | SERVINGS : 2

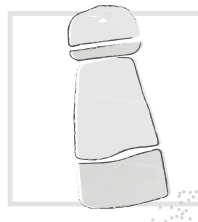
WHAT YOU NEED:



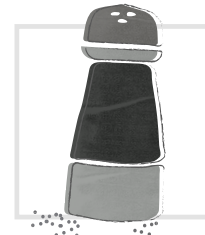
*6 large beets
peeled & sliced*



*3 tablespoons
olive oil*



*3 teaspoons
sea salt*



*1/2 teaspoon
ground black
pepper*

INSTRUCTIONS

- 1 Preheat oven to 350 degrees Fahrenheit.
- 2 Peel and slice the beets very thin with a mandoline or a sharp knife. Place the thinly sliced beets in a large bowl and toss with oil and salt. The oil coats the beets in preparation for baking, while the salt seasons and sweats the moisture out of the beets. After about 10-15 minutes, the beets will release their excess moisture and be ready for baking.
- 3 Toss the beets again, and pour out the excess juice. Spread beets out in a single layer on a baking sheet. Season with pepper.
- 4 Bake in the preheated oven for 15-20 minutes. Turn beets and continue cooking another 15-20 minutes, or until crisp. Transfer chips to a wire rack to cool (optional).
- 5 Serve with your favorite sandwich or as a perfect snack.

SPROUTING INTEREST