



Beet & Parsnip Chips



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1/2 of recipe: 100 calories, 2g total fat (0g sat. fat), 227mg sodium, 20g carbs, 5.5g fiber, 9.5g sugars, 2g protein

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Prep: 5 minutes **Cook:** 1 1/2 hours



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Ingredients

7 oz. (1 - 2) beets
4 oz. parsnip (about 1/4 of a large parsnip)
1/8 tsp. salt

Directions

Preheat oven to 250 degrees. Spray 2 baking sheets with olive oil nonstick spray.

Using a mandoline slicer, cut beets and parsnip into 1/8-inch-thick rounds.

Lay veggie rounds on the sheets, evenly spaced. Cover with a 4-second spray of the olive oil spray, and sprinkle with salt.

Bake until parsnip rounds are golden brown and firm and all veggies are shriveled and dry to the touch, about 1 1/2 hours.

Let cool completely.

MAKES 2 SERVINGS

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