



Best-Ever Beet Chips



1/2 of recipe (about 1 cup): 97 calories, 0.5g total fat (0g sat fat), 466mg sodium, 21.5g carbs, 6.5g fiber, 15g sugars, 3.5g protein

Green Plan [SmartPoints](#)® value 0*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Prep: 10 minutes **Cook:** 2 1/2 hours



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#)

Ingredients

1 lb. (2 - 4) raw beets
1/4 tsp. salt

Directions

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

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

Lay beet rounds on the sheets, evenly spaced.

Lightly mist with olive oil nonstick spray, and sprinkle with salt.

Bake for 1 hour and 15 minutes.

Carefully remove the baking sheets, and return them to the oven on the opposite racks. (No need to flip the chips.)

Bake until firm, shriveled, and dry to the touch, about another 1 hour and 15 minutes. (During the last 30 minutes of cook time, check on chips often, and remove those that are done.)

Let cool completely.

MAKES 2 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.