Vegetable Peel Chips

NUTRITION FACTS:

SERVING SIZE = 1 CUP

NUMBER OF SERVINGS: 1

CALORIES = 125

CARBOHYDRATES = 9 GRAMS

PROTEIN = 2 GRAMS

TOTAL FAT = 9 GRAMS

SODIUM = 163 MILLIGRAMS

INGREDIENTS:

- PEELS OF TWO ROOT VEGETABLES (POTATOES, CARROTS, BEETS, ETC.)
- 2 TEASPOONS OF OLIVE OIL
- PINCH OF SEA SALT
- PINCH OF BLACK PEPPER (OPTIONAL)

DIRECTIONS:

1. PREHEAT OVEN TO 425 DEGREES FAHRENHEIT.
2. LINE BAKING SHEET WITH PARCHMENT OR NON-STICK FOIL.
3. SCRUB ALL VEGETABLES TO REMOVE ANY DIRT BEFORE PEELING.
4. GENTLY TOSS PEELS WITH OLIVE OIL AND PLACE IN A SINGLE LAYER ON BAKING SHEET. SPRINKLE WITH SALT.
5. BAKE FOR 15-20 MINUTES OR UNTIL CRISPY.

GLEANERS

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https://www.framedcooks.com/2015/11/potato-peel-chips.html