



A Nutrition Resource

BEETS & SWEETS HEART-SHAPED CHIPS

Yield: 6 Servings | Serving Size: 1/2 cup
Cost/Serving: \$1.16

Ingredients:

5 beets, *rinsed and scrubbed, do not peel*
2 sweet potatoes, *rinsed and scrubbed, do not peel*
3 tbsp olive oil
Sea salt to taste

Directions:

1. Preheat oven to 400° F.
2. Slice the beets and sweet potato thinly using the slicing blade of a food processor, mandolin, or sharp knife. They should be the thickness of a thick potato chip. Cut them as consistently as possible.
3. Cut sliced rounds with metal heart-shaped (or what whatever you prefer) cookie cutter.
4. On a cookie sheet, toss chips with olive oil and salt.
5. Spread evenly on cookie sheet.
6. Roast 20-30 minutes turning halfway through, until crisp. Check often to make sure they don't burn.
7. Use toothpicks or small cups to serve samples.

Tip! A food dehydrator is an easy way to cook these chips without an oven.

Recipe Source: Nourishing Balance, MT Harvest of the Month

Nutrition Facts

6 servings per container
Serving size 1/2 cup (0.0g)

Amount Per Serving
Calories 130

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.8mg 4%

Potassium 370mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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