



### **Root Vegetable “Chips” or “Fries”**

The number one kid food turned healthy! These chips are baked, not fried, which means they are very nutritious and easy to make. Use any combination of root vegetables you like: sweet potato or yams, parsnips, potatoes, blue potatoes, beets, turnips, celery root, whatever!

#### *Ingredients*

Root vegetable of your choice, cut into thin rounds and slivers for chips or french-fry sticks for fries  
Extra virgin olive oil—just enough to lightly coat chips  
Salt  
Pepper

#### *Procedure*

1. Preheat oven to 350 degree while you cut the vegetables.
2. Then use this trick so that the chips don't stick to the pan: generously rub olive oil on a sheet pan and put it in the oven to heat for 5 minutes.
3. Add chips or fries to hot pan (it should make a bit of a sizzling noise), spreading them in a single layer so they cook evenly.
4. Bake until they are a bit browned on the edges, between 15 and 30 minutes, depending on the vegetable and how thin it is cut. Chips and fries will crisp up a bit as they cool.