

Salt and Pepper Vegetable Chips



Prep Time: 30 minutes

Cook Time: 30 minutes

Ingredients:

- 2 large carrots
- 1 large sweet potato
- 3 beets
- 2 medium celeriac
- Sea salt
- Onion powder
- Black Pepper

Directions:

1. Peel and clean vegetables. Using a sharp knife or mandolin, thinly slice vegetables in 1/16 inch slices. Line the slices on paper towels and sprinkle with a little salt. The salt will help draw out excess moisture.
2. Using a deep skillet or wok, heat 2 inches of oil over high heat. Once hot, drop vegetable slices into the oil. Be careful not to put too many in at once. Fry until slightly browned and the edges start to curl. Remove from oil and cool on paper towels. Sprinkle with sea salt, onion powder, and black pepper.

Nutrition Facts

Makes 10 servings

Amount per serving: About 20 chips

Calories	50
Total Carbs	9 g
Total Fat	1 g
Protein	1.5 g