



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

VEGGIE CHIPS



Crispy, crunchy, and such a good way to get your kids to eat vegetables - you, too! Be prepared to make several bowls of these tasty snacks!



03 HR 00 MINS



Serves 4 to 6



Featuring

[J&M Farms](#)
[Blue House Farm](#)
[Fifth Crow Farm](#)
[Yia Moua Farm](#)
[Other](#)

INGREDIENTS

- 2 to 3 beets
- 2 to 3 carrots
- 2 red potatoes
- 2 yellow potatoes
- 4 tablespoons salt
- 2 tablespoons fresh ground pepper
- 1/2 cup Olivina extra virgin olive oil

METHOD

Preheat oven to 250°F.

Thoroughly wash vegetables. Peel beets and potatoes. Carefully slice the vegetables into thin, even slices. A vegetable mandolin is ideal for beets and potatoes. Use a knife for carrots.

Rinse and soak potato slices in water for 15 minutes to remove excess starch. Change the water and repeat until it runs clear. Lay them out on towels to dry. Sprinkle with salt to expedite the drying process. Ensure all vegetable slices are thoroughly dry before proceeding.

Lightly toss all vegetable slices in olive oil. Season with salt and a dash of black pepper. *Optional: Feel free to add any additional seasonings from your pantry for extra flavor such as garlic salt or paprika.*

Place aluminum foil on several baking sheets - you might need several. Arrange vegetable slices in a single layer on a baking sheet and bake for 2 hours at 250°F, turning them over every 30 minutes.

For extra crispy chips, increase the oven temperature to 375°F for the final five minutes.

Remove the chips from the oven and let them cool in a bowl. If any chips are not yet crispy, reduce the oven temperature to 250°F and return them to bake a little longer.