

## Roasted Veggie Chips

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*Crispy, colorful, and flavorful, these roasted veggie chips are a fun alternative to traditional snacks. Made with a variety of vegetables, these chips are a perfect addition to any back-to-school lunch or snack.*

**Yield:** 6 servings

**Serving Size:**

1/6 recipe

### Ingredients:

- 4 small golden beets
- 4 small red beets
- 2 small turnips
- 2 medium parsnips
- 1 bunch of radishes (about 8 medium radishes)
- 3 tablespoons extra-virgin olive oil
- 1/2 tablespoon Kosher salt
- 2 teaspoons black pepper
- 3 tablespoons chopped fresh herbs (such as parsley, rosemary, sage, and/or thyme)

### Instructions:

1. Preheat the oven to 400°F. Line two baking sheets with parchment paper.
2. Thinly slice the vegetables to about 1/8 inch thick (as thin as you can).
3. Toss the veggies into a large bowl with the olive oil (you may want to toss the red beets separately to avoid turning everything pink). Spread them in an even layer onto the prepared baking sheets, making sure they do not overlap too much.
4. Sprinkle the salt, pepper and herbs evenly over the two baking sheets. Roast the vegetables until golden brown and crisp, 20 to 25 minutes. Cool completely before serving. Store in an airtight container to maintain the crisp texture for up to one week.

Per serving: Calories 198 kcal, Carbohydrates 30.6g, Protein 5.2g, Sat Fat 1.1g, Sodium 762.4mg, Added Sugars 0g

Adapted from: <https://www.purewow.com/recipes/roasted-veggie-chips>