



Crispy Parsnip Chips

4-6 servings

INGREDIENTS

- 6 large parsnips
- 3 Tbsp oil
- 1 tsp salt
- 1 tsp garlic powder

Optional:

- 1 tsp cumin powder
- 1/4 tsp cayenne pepper
- 1 Tbsp parmesan or nutritional yeast

DIRECTIONS

1. Heat oven to 400°F.
2. Line a sheet pan with parchment paper, wax paper, or foil and spray generously with cooking spray.
3. Wash and slice parsnips as thinly as you can.
4. In a large bowl, toss parsnips with oil and spices.
5. Lay parsnip chips flat on parchment paper in a single layer.
6. Bake for 15 minutes, flip parsnip chips over and bake for an additional 5-10 minutes until brown and crispy.



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