



Beet Chips

4 servings

INGREDIENTS

- 6 small or medium red or golden beets
- 1/4 cup olive or vegetable oil
- 2 tspn salt

DIRECTIONS

1. Preheat the oven to 300 degrees F, and line a couple of baking sheets with parchment paper.
2. Cut off the tops of the beets and slice paper thin.
3. Place the beet slices in a large bowl and toss with oil and salt. Let sit for 15-20 minutes.
4. Toss the beets again and then drain off extra liquid.
5. Lay slices out in a single layer on baking sheets. Bake for 45-60 minutes until crisp, but not brown.
6. Allow to cool slightly before serving.



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