

Featured Recipe



Healthy Veggie Chips

INGREDIENTS:

½ lb. fresh beets (about 2 medium)
1 medium potato
1 medium sweet potato
2 Tbsp. oil
½ tsp. sea salt
½ tsp. garlic powder
½ tsp. dried oregano
Dash cayenne pepper

PREPARATION:

Peel vegetables and cut into 1/8 inch slices. Place in a large bowl. Drizzle with oil. Combine the remaining ingredients; sprinkle over vegetables and toss to coat.

Arrange in a single layer in two ungreased 15 inch x 10 inch x 1 inch baking pans. Bake at 375 degrees for 15 - 20 minutes or until golden brown, turning once.

Bon Appetit!