



A Nutrition Resource



BEETS & SWEETS HEART-SHAPED CHIPS

Yield: 6 Servings | Serving Size: 1/2 cup
Cost/Serving: \$1.16

Ingredients:

- 5 beets, *rinsed and scrubbed, do not peel*
- 2 sweet potatoes, *rinsed and scrubbed, do not peel*
- 3 tbsp olive oil
- Sea salt to taste

Directions:

1. Preheat oven to 400° F.
2. Slice the beets and sweet potato thinly using the slicing blade of a food processor, mandolin, or sharp knife. They should be the thickness of a thick potato chip. Cut them as consistently as possible.
3. Cut sliced rounds with metal heart-shaped (or what whatever you prefer) cookie cutter.
4. On a cookie sheet, toss chips with olive oil and salt.
5. Spread evenly on cookie sheet.
6. Roast 20-30 minutes turning halfway through, until crisp. Check often to make sure they don't burn.
7. Use toothpicks or small cups to serve samples.

Tip! A food dehydrator is an easy way to cook these chips without an oven.

Recipe Source: Nourishing Balance, MT Harvest of the Month

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup (0.0g)
Amount Per Serving	
Calories	130
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.8mg	4%
Potassium 370mg	8%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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