

# Baked Beet Chips



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 3

**Prep:** 10 minutes | **Cook:** 20 minutes

## INGREDIENTS

- 3 medium-large beets, thinly sliced
- Olive oil
- 1 pinch each salt + black pepper
- 2-3 sprigs rosemary, chopped (optional)

## DIRECTIONS

1. Preheat oven to 375°F (190°C) and place oven rack in the center of the oven.
2. Thinly slice beets with a sharp knife, getting them as consistently thin as possible. They should curl a little when cut. This will ensure even baking and crispiness.
3. Divide between two baking sheets and spray or very lightly drizzle with olive oil. Add a pinch of salt, pepper, and the rosemary. Toss to coat. Then arrange in a single layer, making sure the slices aren't touching.
4. Bake for 15-20 minutes or until crispy and slightly brown. Be sure to watch closely past the 15 minute mark as they can burn quickly.
5. Remove from oven. Let cool. Then serve.



### Nutrition Information

*Serving size: 1 cup*

<b>Calories</b>	<b>79</b>
<b>Total fat</b>	<b>4.7 g</b>
Saturated fat	0.6 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>95 mg</b>
<b>Carbohydrate</b>	<b>8.6 g</b>
Fiber	2.5 g
Sugars	6.1 g
<b>Protein</b>	<b>1.5 g</b>

Recipe source:  
Minimalistbaker.com