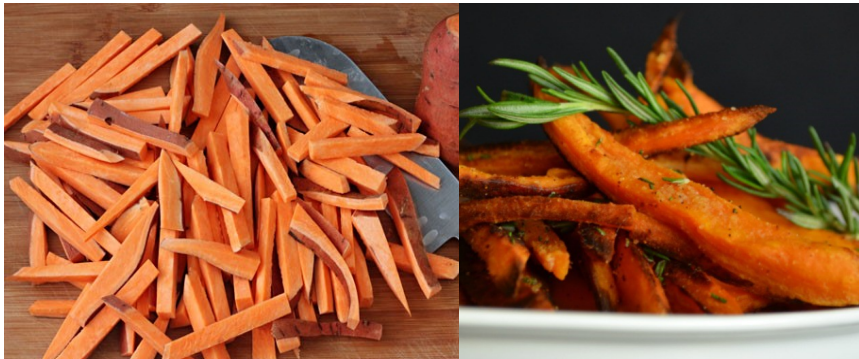




Vegetable Chips



Season: All seasons

Serves: 30 tastes in the classroom or 6 at home

Potatoes and sweet potatoes contain fibre, iron, magnesium and potassium, as well as a variety of vitamins.

Equipment:

- Chopping board
- Sharp knife
- Mixing bowl
- Oven tray
- Baking paper

Ingredients:

- Potato
- Sweet potato
- Olive oil
- Pink Himalayan salt
- Black pepper
- Sweet paprika
- Rosemary

What to do:

1. Preheat oven to 200°C
2. Wash potato and sweet potato well to remove any dirt.
3. Slice into thin strips—if too thick they will not cook.
4. Place into mixing bowl and drizzle a generous serve of olive oil.
5. Make sure all pieces are lightly coated in olive oil.
6. Sprinkle seasoning (salt, pepper, sweet paprika and finely chopped rosemary) over chips and mix well.
7. Place baking paper on oven tray.
8. Bake for 20 minutes or until cooked and crispy.