

Baked Sweet Potato Chips

This simple recipe makes a fabulous healthy snack and side dish.

Makes: 4 Servings
 Prep Time: 10 minutes
 Cook Time: 20 minutes

Source: USDA.gov

Ingredients

- 4 sweet potatoes
- 1 tablespoon olive oil
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon salt
- 1/8 teaspoon seasoned salt to taste

Directions

1. Preheat oven to 425°. Cut 4 sweet potatoes into thin slices.
2. Combine 1 Tbs. of olive oil, 1 1/2 teaspoons chili powder, 1/2 teaspoon salt, and a dash of seasoning salt in a bowl. Add sweet potatoes; toss gently to coat.
3. Cover a lightly oiled nonstick baking sheet with a single layer of potatoes. Roast for 20 minutes, turning once, until golden and tender. After roasting, broil on each side for 1 minute.
4. Serve with sauce for dipping.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 sweet potato	
Nutrients	Amount
Calories:	163
Total Fat:	4g
Saturated Fat:	0.5g
Cholesterol:	0mg
Sodium:	390mg
Total Carbohydrates:	34g
Dietary Fiber:	4g
Total Sugars:	7g
Added Sugars:	0g
Protein	2g

Utensils Needed

- Mandolin or sharp knife
- Cutting board
- Measuring spoons
- Small bowl
- Baking sheet
- Large spoon for mixing

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$1.98

Average cost/serving: \$0.50

Makes: 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 4 to cart
Sweet Potato

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Make sure to cut sweet potatoes into thin slices to get them crispy when roasting.
- After slicing sweet potatoes, pat slices dry with a paper towel to remove any moisture which could cause chips to become soggy rather than crispy.

Similar Recipes

- Consider trying other recipes with similar ingredients found on snapedny.org, such as:
 - Sweet Potato Apple Bake
 - Brussel Sprouts, Apple and Sweet Potato Hash
 - Mashed Sweet Potatoes