



October 8- Baked Sweet Potato Chips

Smart Snack

Link: <http://www.bettycrocker.com/recipes/baked-sweet-potato-chips/108c8283-e24b-4c6b-93f8-a17877f267d2>

Recipe

Ingredients:

Cooking spray

2 8-ounce sweet potatoes, peeled and very thinly sliced ($\frac{1}{8}$ of an inch)

Black pepper, to taste

Directions:

1. Preheat the oven to 375°F. Spray a non-stick cookie sheet with cooking spray, or you can use parchment paper.
2. Place the potato slices in a single layer on the sheet and spray with the cooking spray.
3. Sprinkle with pepper to taste.
4. Bake, turning once if necessary, until the potatoes are cooked through (about 15 minutes, or longer if you want them crispier.)

Yield 4 servings

Nutrition Facts

Serving Size 1 serving (113.8g)
Servings Per Container 4

Amount Per Serving

Calories 100 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 23g 8%

Dietary Fiber 3g 14%

Sugars 5g

Protein 2g 4%

Vitamin A 320% • Vitamin C 4%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.