

Oven Baked Vegetable Chips

Equipment:

Graters
Large mixing bowl
Measuring cup (1/4 size)
Oven trays (2-3)
Baking paper
Tongs
Cooling racks (2-3)

Ingredients:

A variety of hard vegetables such as:

- Potato
- Sweet potato
- Beetroot
- Parsnip
- Zucchini
- Carrot

Sea salt

Olive oil

Dried herbs or a spice of your choosing (oregano, basil, thyme or smoked paprika or chilli flakes for example).

What to do:

- Preheat oven to 180°. Line 2-3 oven trays with baking paper.
- Wash and dry all your vegetables.
- Trim off the top and any roots, blemishes or bruises and discard into the compost.
- Use the grater to carefully cut all the vegetables into very thin slices.
Because the vegetables are very firm, you will need to keep a firm grip and use some muscle when you're grating, being very careful to keep your fingers well away from the cutting blade and avoid slipping. If you are finding it very difficult, ask your parent helper for assistance.
- Place all the grated vegetable slices into the large mixing bowl.
- Add 1-2 tablespoons olive oil and use your hands to toss the vegetables so that they are covered with a thin coating of olive oil.
- Add 1-1.5 teaspoons of salt and a sprinkling of the herbs or spice you have chosen and toss the mixture again to distribute evenly through the vegetables.
- Transfer the vegetable slices onto oven trays, spreading them out into a single layer.
- Place into the oven and bake for 20 – 30 minutes, rotating trays every 7-10 minutes or until vegetables begin to brown and look dry. You may need to test for crispiness.
- Transfer to a cooling rack to cool completely.
- Divide the cooled vegetable chips into 3 medium serving bowls, one for each table.