



Beet Chips

2 medium beets (or 4-5 small beets)

1-2 tsp. olive oil

Salt and black pepper to taste

Preheat oven to 350 degrees. Remove beet tops and scrub beets well. Slice beets very thinly (1/16" slices) with a mandolin or food processor. Toss with olive oil to coat and salt and pepper to taste. Place a single layer of beets on a baking sheet and bake for 20 minutes. Flip the beets and rotate the baking sheet, then return to the oven for another 20 minutes or until the beets dry out and lighten in color. Cool chips on a wire rack or paper towel. Chips will crisp up as they cool. Serve immediately. Serves 4.

Nutritional Information:

The botanical name for the beets that we eat today is *Beta vulgaris*. They evolved from the sea beet, *Beta maritima*, and are closely related to Swiss chard. Beets have one of the highest sugar content of any vegetable. The pigment in beets has been used as a dye for everything from fabric and textiles to hair dye to a coloring additive for strawberry jam!

One serving of boiled beets (1/2 cup) contains just 37 calories and supplies the following percentages of the USDA Daily Values:

17% of folate

7% of dietary fiber

14% of manganese

7% of potassium