



Veggie Chips

Kitchen scrap: Vegetable peels

Yield: 4 servings Prep time: 10 min. Cook time: 20 min.

Ingredients

- 2 cups root vegetable peelings (sweet potatoes, parsnips, carrots, or potatoes)
- 1 1/2 teaspoons cornstarch
- 1 1/2 teaspoons everything bagel seasoning
- 1 teaspoon canola oil
- Salt to taste

Adapted from [Being Nutritious](#) - Laura Yautz

Directions

1. Preheat the oven to 400°F and prep a baking sheet with a silicon liner or parchment paper.
2. Wash and dry all vegetables that are going to be used.
3. In a resealable bag, peel vegetables and add cornstarch. Mix together until white traces disappear.
4. Add everything bagel seasoning and oil then shake the bag.
5. Empty the bag onto the prepared baking sheet, spreading out the peels to a single layer.
6. Bake for 15-20 minutes until slightly browned, flipping halfway.
7. Salt to taste, and enjoy as a snack, a savory side, or on a salad.

Notes:

Sweet and russet potato skins need 2-4 minutes more than carrot or parsnips.