



Catholic Health Initiatives

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Carrot Chips

Serves 8

Prep/cook time:

Approximately 40 minutes

Ingredients:

2 lbs. carrots (the largest ones you can find)

¼ cup olive oil

1 tbsp. sea salt

1 tsp. ground cumin

1 tsp. ground cinnamon



Kid Pleasing

Directions:

Preheat the oven to 425 degrees. Cover large cookie sheets with parchment paper. Using a vegetable peeler remove the skin of the carrot and then cut the tops off. Starting on the thick end slice the carrots as paper-thin as possible, at an angle to create elongated chips (a mandolin slicer is helpful if you have one). Place the carrot slices in a large bowl and add the oil, salt, cumin, and cinnamon, coating the carrots evenly and thoroughly with the mixture. Spread the carrots in a single layer on top of the parchment paper. Bake for 15 minutes or until the edges start to curl up and turn crisp. Then flip all of the chips over and bake another 5-8 minutes to crisp the bottoms. Once cool, store in an airtight container, such as a zippered sandwich bag, for up to 2 weeks.

Harvest of the Month
carrots