



BAKED PARSNIP CHIPS

Ingredients

2 medium parsnips, thinly sliced (about 2 cups)
1 tablespoon extra-virgin olive oil
1/2 teaspoon sea salt
1/2 teaspoon curry powder

Directions

Preheat the oven to 300°F. Line a rimmed baking sheet with parchment paper.

Put all of the ingredients in a bowl and toss until well combined. Place the parsnips on the prepared baking sheet, making sure they do not overlap, and bake for 25 minutes, or until golden brown and crispy. Check the chips at 20 minutes to prevent burning. Allow to cool completely on the baking sheet.

COOK'S NOTE: Replace the curry powder with your favorite spice to suit your taste buds.

Clean Soups by Rebecca Katz with Mat Edelson



SHARSHERET

NATIONAL OFFICE
1086 Teaneck Road, Suite 2G
Teaneck, New Jersey 07666

T | 866.474.2774
E | info@sharsheret.org
www.sharsheret.org