

'UALA (SWEET POTATO) CHIPS

INGREDIENTS

- 2 pounds 'uala (purple recommended)
- 1 tablespoon + 1 teaspoon **vegetable oil**
- ½ teaspoon **salt**

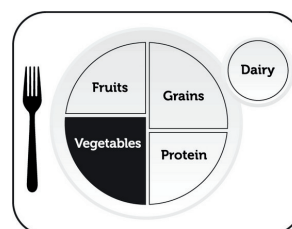
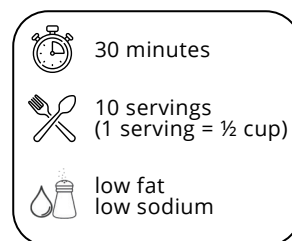
DIRECTIONS

Always practice food safety when cooking.

- 1) Preheat oven to 425 °F.
- 2) Cut 'uala into ⅛ inch slices.
- 3) Place 'uala in a medium bowl. Add oil and salt. Mix thoroughly to coat both sides of 'uala slices.
- 4) Lay slices in a single layer on a baking pan. Set aside remaining slices.
- 5) Bake for 12 minutes.
- 6) Remove 'uala from oven and flip chips. Bake for 8 to 10 more minutes or until chips are crisp on the outer edges with centers a little soft to maintain the taste of the 'uala.
- 7) Allow to cool completely.
- 8) Repeat steps 4 through 7 with remaining slices.

NOTES

- Thinner slices will cook faster than thicker ones.
- Bake longer for crispier chips.
- Can be served with Pineapple Salsa (page 84) or hummus.
- Can be cooled on a wire cooling rack.
- Best eaten just after cooled when they will be crispy.



Nutrition Facts	
10 servings per container	
Serving size	1/2 cup (93g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 0mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Adapted from Garden to Grindz