

# Sweet potato chips

Food Foundations • another NAQ Nutrition program

## Ingredients:

- 1.25kg or 5 small (about 250g each) orange sweet potatoes (kumara), peeled, cut into 2mm-thick slices
- 2 tablespoons olive oil
- 2 teaspoons cumin seeds



## Method

1. Preheat oven to 180°C.
2. Combine the cut sweet potato, olive oil and cumin in a bowl. Mix well
3. Place the sweet potato mixture, in a single layer, on the lined baking trays. Bake in preheated oven for 20-30 minutes turning over half way, or until sweet potato chips are light brown around the edges. Serve.

**Serves:** 30 (side dish)

Food Group	Serves provided per serve
Vegetables and legumes	0.25

## Notes:

**You can try this recipe using a variety of different vegetables. Some appropriate swaps for sweet potato could be:**

Potato	Carrot	Pumpkin	Beetroot
Zucchini	Squash	Eggplant	