



## Baked Beet Chips

Adapted from [Joelen's Culinary Adventure](#)

BAH Note: If you have a mandoline slicer, I recommend you use it to slice the beets. I sliced mine rather thin but you can slice them as thick or thin as you like. Thicker slices may need longer in the oven. Also, I found that the chips got soft and soggy the longer they sat around. But these are so good that there's really no reason for them to sit around and get soggy.

- 4 beets, scrubbed
- Nonstick cooking spray
- Kosher salt

Heat oven to 375 degrees. Line two sheet pans with aluminum foil.

Slice the beets as thick or thin as you like but avoid slicing them paper thin. Spread into single layers on the sheet pans. Spray both sides with cooking spray and sprinkle the top with salt.

Cook for 45 minutes to 1 hour or until crisp, turning the chips over halfway through. Remove chips from the pans as they are ready to avoid burning them.

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