

Curried Baked Carrot Chips

submitted by switterbeet

Per serving: 76 Calories • 8.1g Carbs (3.1g Fiber) • 5g Fat • 1g Protein

Ingredients

Ingredients scaled to: 1 serving

1 large (7-1/4" to 8-1/2" long) **Carrots** (72 grams)

1 tsp **Olive oil** (4.5 grams)

1 tsp **Curry powder** (2 grams)

1 dash **Salt** (0.40 grams)

1 dash **Pepper** (0.10 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Preheat oven to 350 degrees. Spray a large rimmed baking sheet with olive oil.
2. Peel carrot and then use peeler to peel until paper thin strips.
3. Place carrot strips in large bowl. Toss with olive oil, curry powder, salt and pepper. Transfer strips to baking sheet in a single layer.
4. Bake for 10-12 minutes or until chips are just starting to brown. Place baking sheet on a wire rack and cool until chips are crisp, about 3 minutes.