SNAPPY VEGGIE PEEL CHIPS



When we say snappy, we mean super-fast! This recipe will be done in the blink of an eye, in a matter of moments, and ready in a snap! You get the idea. There's not much to it, and the end result is some tasty, no-waste chips.

Ingredients

- 1 cup vegetable peels (potato, carrot, beet, squash, parsnip, eggplant, or zucchini will work)
- 1 teaspoon oil (corn, vegetable, olive, or whatever you have in the cupboard)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon dried oregano or your fave seasoning













Preparation:

- Preheat the oven to 400 degrees F.
- In a bowl, toss veggie peels with oil.
- Scatter the peels on a cookie sheet lined with parchment paper.
- If you haven't used the oven before, have a grown-up put the sheet in the centre of the oven.
- Cook for 10 minutes, flipping halfway through (keep an eye on your chips; depending on the thickness of your peels, they could cook faster).
- Allow to cool slightly, and sprinkle salt, pepper, and spices (if using) on top!



Chef Sam recommends:

This is a great opportunity to be creative and use different spice blends! Try using mild Cajun or blends like Greek, Italian or Asian 5 Spice!

All Taste, No Waste Tips:

- It takes a lot of energy to grow our food, so why let any of it go to waste? Vegetable skins have a lot of healthy nutrients and fibre.
- Veggie peels are easy to overlook. These tasty chips are a great example of how rethinking **food scraps** can result in a delicious, zero-waste snack.