



Beet & Parsnip Chips



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1/2 of recipe: 100 calories, 2g total fat (0g sat fat), 227mg sodium, 20g carbs, 5.5g fiber, 9.5g sugars, 2g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Prep: 5 minutes **Cook:** 1 1/2 hours



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#)

Ingredients

7 oz. (1 - 2) beets
4 oz. parsnip (about 1/4 of a large parsnip)
1/8 tsp. salt

Directions

Preheat oven to 250 degrees. Spray 2 baking sheets with olive oil nonstick spray.

Using a mandoline slicer, cut beets and parsnip into 1/8-inch-thick rounds.

Lay veggie rounds on the sheets, evenly spaced. Cover with a 4-second spray of the olive oil spray, and sprinkle with salt.

Bake until parsnip rounds are golden brown and firm and all veggies are shriveled and dry to the touch, about 1 1/2 hours.

Let cool completely.

MAKES 2 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.