

Cambridge in Motion

presents

this week's **healthy recipe**:

Sweet Potato Chips

Ingredients

2-3 sweet potatoes, washed

2 tablespoons vegetable oil

Salt and/or other seasonings, to taste -- suggestion: ½ teaspoon each of garlic, paprika, chili powder

Directions:

1. Preheat oven to 400 degrees.
2. Spray a cookie sheet with non-stick cooking spray.
3. Slice the sweet potatoes into 1/8 inch slices. You can leave the skin on if you like.
4. Place in a large bowl with the oil and seasonings. Toss to coat.
5. Spread the slices in a single layer on the cookie sheet.
6. Bake for about 15 minutes until they are golden brown. Turn halfway through the baking time.
7. Spread the baked chips on a paper towel to drain excess oil.
8. Chips can be stored up to a week in an airtight container.

Serves 4-5 (snack portions)

Note: adult supervision is needed for cooking activities!

As a community, we can work together to promote health.
Send your child to school with a healthy snack!



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CAMBRIDGE PUBLIC HEALTH DEPARTMENT



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