



## Niki's Sweet Potato Chips Recipe

Serves 4 Prep 20 mins

### Ingredients

1kg (35oz) orange sweet potatoes, peeled and cut into chips  
1-2 tbs extra virgin olive oil  
1 tsp ground cumin  
1/2 tsp sea salt  
1/2 tsp cracked black pepper

### Method

Preheat oven to 210°C (425°F or Gas Mark 5). In a large bowl combine sweet potato, cumin, salt, pepper and oil so the potatoes are well coated. Using a baking tray with rack, spread the sweet potatoes on the rack in a single layer.

This way you will not need to turn the chips over as the heat will circulate around the chips. Bake for about 20 minutes. Depending on how thick you have cut the chips baking time could be a little more or less.

*© Niki Mitropoulos 2011*

### Tips

You can use a baking tray with rack or if you do not have a rack cook chips or on a baking tray that has been preheated to make the fries crisp. You can also use different spices such as Chinese Five Spice, Smoked Paprika or any others you like to add flavor.

### Nutritional Note

Sweet Potato is a starchy root vegetable that is rich in vitamin A and beta-carotene. They are a great source of vitamin B6, vitamin C and fiber as well as a variety of minerals. They are low in calories and contain no saturated fats or cholesterol.