

Carrot Chips

- 2 large carrots (or 3 medium)
- 1/2 tsp. olive oil
- 1/8 tsp. sea salt

Line baking sheet with parchment paper. Preheat oven to 350 degrees F. Wash and peel the carrots. Slice carrots to make oval-shaped pieces as thin as possible. Place on prepared baking sheet and bake for 15-20 minutes, or until the carrots are dry and crispy. Sprinkle with sea salt. Serves 7

Nutrition: 82 calories, 3g fat, 1g protein, 15g carbohydrates, 4g dietary fiber, 0mg cholesterol, 285mg sodium

Tracker: 1/2 cup vegetable

This recipe taken from Healthy Happy Cooking, available now in our online store: www.firstplaceforhealth.com/shop