Vegetable Chips with Yogurt Dip

Ingredients

2 teaspoons extra-virgin olive oil, divided

3 medium zucchini, cut into ½- to ¼-inch slices

2 medium sweet potatoes, cut into ¼- to ¼-inch slices

1 cup fat-free plain Greek yogurt

¹/₂ cup fat-free sour cream

1 1/2 tablespoons dried dill weed

2 cloves garlic, minced

I tablespoon finely chopped fresh parsley

Allina Health 🔆

Directions

1. Preheat oven to 200 F.

- 2. Line two baking sheets with foil, lightly coated with oil. (To coat foil: Pour less than 1/8 teaspoon oil on a napkin or paper towel and wipe on foil.)
- 3. Place sliced zucchini in a plastic bag with I teaspoon oil. Seal bag. Shake gently to coat slices with oil. Pour onto one of the baking sheets. Repeat with sweet potato slices and pour onto other baking sheet.
- 4. Bake for 1 hour on middle oven rack. Remove pans from oven, stir vegetable chips with a wooden spoon and place back in oven to bake for 30 to 60 minutes, until crispy.
- 5. In a medium bowl, combine remaining ingredients. Stir until well-blended. Cover and place in refrigerator until ready to serve.

APPETIZER OR SNACK

Makes 12 servings



TIP

For simple slicing, use a mandolin. Beets, potatoes and other vegetables can be used, but cook times and nutrition facts will vary.*

🛡 = heart smart 🦳 🛠 = low sodium

Visit allinahealth.org/recipes for more healthful recipe ideas.

© 2015 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM. OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS

nutr-ah-56415 (2/21)

Nutrition Facts

Serving Size 1 oz vegetable chips with 2 tablespoons dip (56g) Servings Per Container 12

Amount Per Serving

		% D:	aily Value
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 25mg			1%
Total Carbohydrate 7g			2%
Dietary Fiber 1g			4%
Sugars 3g	1		
Protein 3g			
-			
Vitamin A 25	% ·	Vitamin (C 8%
Calcium 4%	•	Iron 2%	
*Percent Daily V diet. Your daily v depending on yo	alues may t	be higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gra	n:	le 4 • Prat	

Recipe contains: milk, may contain gluten

Carb choices per serving: 1/2