

Salt & Pepper Delicata Squash Chips (Paleo, Vegan)

Delicata squash (also known as sweet potato squash) are easy to find in local farmers' markets lately. I would often look at these interesting striped vegetables, but not buy them as I was not sure how to cook them. An office friend gave me a sample she had made with three simple ingredients: salt, pepper, and coconut oil. I tried her recipe and now I am a convert - thanks Janet!

These chips are so easy to make and really addictive. They are chewy, sweet, and savoury. The next time you have a craving for potato chips, whip up this healthier and satisfying version instead. I bet you will be addicted to them like I am. They are the perfect fall treat.

Sansational!



Makes 1 full baking tray

Ingredients:

1 small delicata squash

Sea salt

Pepper

Coconut oil, melted

Directions:

1. Preheat oven to 350 degrees F.
2. Line a baking tray with parchment paper and brush the paper with some of the melted coconut oil.
3. Cut the squash length wise and scoop out the seeds with a spoon. Cut each half into thin slices (about 1/4 inch.) and place on tray without overlapping. (There is no need to peel the squash.)
4. Brush the slices with melted coconut oil and sprinkle with salt and pepper.
5. Bake for 20 to 25 minutes until tender and golden.

Sansational Tips:

1. There is no need to flip the chips.
2. Use your own combination of spices for a varied version.