

The Farm at St. Joe's

Oven Baked Carrot Chips

Ingredients

1 lb. carrots
3 Tablespoons olive oil
1-2 large pinches coarse salt



Directions

- 1) Cut carrots into $\frac{1}{4}$ inch slices on a diagonal to get a chip-like shape.
- 2) Toss slices in olive oil and spread in a single layer on a baking sheet.
- 3) Sprinkle with salt and bake at 400°F for 25-30 minutes.

Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.

Like this Recipe?

Learn more by taking a cooking class at the Women's Health Center. For a full list of upcoming classes, visit stjoeshealth.org/classes.

Check out our blog for updates and market times at stjoefarm.org