*Sweet Potato Chips and Dip*

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Enjoy this easy snack that is tasty and full of vitamins. The chips are as easy as they are delicious, served on their own or with the dip.

Ingredients:

* 2 sweet potatoes, about 1 kg peeled
* 15ml (1 Tbsp.) canola oil
* 10ml (2 tsp.) mild chili or curry powder
* 2 ml (1/2 tsp.) cumin seeds (optional)
* 1 ml (1/4 tsp.) freshly ground black pepper

Yogurt Dip:

* 60 ml (1/4 cup) 0% plain Greek yogurt
* 30 ml (2 Tbsp.) mango chutney
* pinch ground coriander
* 15ml (1 Tbsp.) chopped fresh mint or Italian parsley

Directions:

1. Heat oven to 250C (450F).
2. Slice potatoes thin (3mm or 1/8 inch) and place in a large bowl. A mandolin or a food processor may be used to slice potatoes evenly.
3. Add oil, chili, cumin, and pepper to bowl. Use your hands to toss the potatoes to cover evenly.
4. Cover 2 baking sheets with parchment paper. Place potatoes in a layer on the baking sheets.
5. Bake for 20 minutes; potatoes will be golden brown. Flip potatoes once while baking so they do not burn. Watch the potatoes closely; they can burn quickly.
6. Remove potatoes from oven and let cool slightly. Shut oven off.
7. Yogurt dip: In small bowl, stir together yogurt, chutney, coriander, and mint.
8. Serve with chips.

Option: Use 1kg/ 2lbs parsnips, peeled and thinly sliced, instead of sweet potatoes.