



SPICED CARROT PEEL CRISPS

By Elizabeth Richards

Why throw out your carrot peels when they are both edible and delicious? In this recipe I'll show you how to turn carrot peels into tasty crisps that are easy to make any time a recipe calls for you to bring out your vegetable peeler.



Yield: 1 cup chips

INGREDIENTS

- 1 bunch carrot peels
- 1 tsp olive oil
- 1/4 tsp salt
- 1/2 tsp garam masala

METHOD

1. Wash carrots and air dry.
2. Preheat oven to 375°F/190°C.
3. Peel carrots.
4. Toss with olive oil, salt and spice blend.
5. Arrange carrot peels on a baking tray in a single layer.
6. Bake until crispy, approximately 2 hours. The chips can also be deep fried at 325°F/163°C but we recommend baking because it is healthier.

ZERO-WASTE TIP

While we often suggest scrubbing instead of peeling your carrots, this recipe comes up with a quick and easy way to turn peelings that would have ended up in the trash or compost into a crunchy and satisfying snack that might become your go to replacement for traditional potato chips. This recipe could also be made using other root vegetables such as parsnips, beets, sweet potatoes and more.

This recipe could be made with an array of different flavors by changing the seasoning. Some examples: jerk, creole, bbq, cumin and coriander, berbere, ras el hanout, chinese five spice, za'atar.

If you love these chips but don't have a lot of peels, you can also make them simply by slicing the whole carrot with a peeler, mandoline or food processor attachment. A medium sized carrot will produce about 1 cup of chips if sliced entirely.