

## Fruit and Vegetable Chips

**Fruit and Vegetable Chips** - Making food chips can be as simple as marinating slices of vegetables in a commercial salad dressing or inventing your own homemade marinade. Most of the time, young, tender vegetable with vibrant colours and firm textures. Carrots, kohlrabi, peppers, parsnips, turnips, squash and firm tomatoes are used to make chips and even the un-wanted vegetable the giant zucchini can also be used. A potato peeler can be used to slice the vegetables thin. Experiment with marinating vegetable slices in lemon juice, orange juice, maple syrup, salad dressing, tamari sauce, Braggs liquid Aminos, or various flavours of oil. Spice the marinade with herbs and spices like ginger, cayenne, garlic or curry powder.



Simple slice up your fruit or vegetables place it in the desired marinade for an hour or more. Drain and dry on the mesh trays in **the dehydrator** at 110 to 135 degrees F. until crisp. Chips are best when they are sliced thin, dried until crisp and then stored in air-tight containers. Keep them stored away from air because they easily pick up moisture.

Flavoured dried chips are healthy snacks. Serve them with a dip instead of crackers or crush them into bacon-like bits and try them sprinkled on cooked pasta or fresh salads for a little extra zip.