

AIR-FRYER SWEET POTATO CHIPS



INGREDIENTS

- 1 medium sweet potato, (about 8 ounces), sliced into 1/8-inch thick rounds
- 1/4 tsp sea salt
- 1/4 tsp ground pepper
- 1 Tbsp canola or avocado oil

DIRECTIONS

1. Place sweet potato slices in a large bowl of cold water and soak for 20 minutes. Drain and pat dry with paper towels.
2. Return slices to the dried bowl. Add oil, salt, and pepper; toss to coat.
3. Lightly coat air-fryer basket with cooking spray. Add enough potatoes to form a single layer. Cook at 350°F for about 15 minutes, flipping and rearranging every 5 minutes for even crisping.
4. Use tongs to transfer finished chips to a plate. Repeat with remaining slices.
5. Let chips cool for 5 minutes. Serve immediately or store in an airtight container for up to 3 days.



Serves:
8

Serving Size:
about 1/2 cup

Calories:
31

Recipe courtesy of eatingwell.com