



Salt and Vinegar Brussel Sprout Chips

Ingredients:

- 1 lb. Brussel Sprouts
- 2 tbsp. apple cider vinegar
- 1 tbsp. olive oil
- 1 tsp. sea salt

Directions:

1. Preheat oven to 400° F.
2. Line a baking sheet with parchment or a silicone mat.
3. Chop off stems from brussels sprouts and using your fingers, peel leaves off from the base until you get to the center of each sprout and cannot remove any more leaves. Repeat for each sprout.
4. Place leaves in a bowl and top with apple cider vinegar and olive oil. Toss to coat
5. Spread out leaves on two baking sheets and top with sea salt.
6. Bake individually on the top rack of the oven for 7-10 mins or until leaves have crisped up but not burned.
7. Repeat for second tray.
8. Serve immediately.
9. Will keep in an airtight container for several days but may not stay crispy.

Servings: makes 2 servings.

Each serving = 1 cup occasional vegetables, daily healthy oil, daily salt.

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