

# Baked Snacks



THE WHOLE U  
UNIVERSITY of WASHINGTON

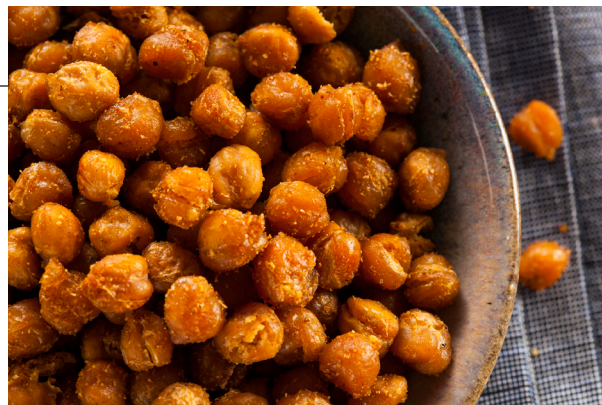
## Roasted Chickpeas

**2 (15-ounce) can chickpeas, drained and rinsed**

**2 tbsp extra-virgin olive oil salt to taste**

**2 tsp spices of your choice**  
(like Cajun seasoning, Chinese five-spice chili powder, curry powder, cumin, smoked paprika, garam masala, ras el hanout, etc.)

1. Preheat oven to 400°.
2. Dry the chickpeas thoroughly and lay them on a baking sheet. Toss with olive oil until well coated, and sprinkle with salt. Arrange in a single layer and place on the middle rack of the oven.
3. Roast for 30-40 minutes until golden brown and crispy on the outside, shaking the pan occasionally. Toss with the spices of choice.



## Roasted Rosemary Nuts

**2 cups raw almonds**

**1 tbsp extra-virgin olive oil**

**1 tbsp finely chopped fresh rosemary salt and pepper to taste**

1. Preheat oven to 325°.
2. Combine all ingredients in a bowl and toss to coat. Lay nuts in a single layer on a baking sheet lined with parchment paper.
3. Bake until lightly toasted, about 15-20 minutes. Cool to room temperature.



## Whole Wheat Pita Chips

**4 whole wheat pita bread pockets**

**3 tbsp extra-virgin olive oil**

**1 tsp of dry basil**

**1/2 tsp of garlic powder salt and pepper to taste**

1. Preheat oven to 375°.
2. Mix olive oil, garlic powder, dry basil, salt and pepper. Brush oil mixture on both sides of the pitas. Stack them and slice into 6 wedges.
3. Arrange wedges on a baking sheet and bake until golden and crispy, about 8 to 10 minutes. Cool and serve with your favorite dip.



## Kale Chips

**1 bunch kale, washed and dried, heavy stems discarded and leaves roughly chopped**

**1 tbsp extra-virgin olive oil salt to taste**

1. Preheat oven to 350°.
2. Drizzle kale with olive oil and toss to coat evenly. Sprinkle with salt. Lay in a single layer on a baking sheet lined with parchment paper.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes. Check frequently to make sure that they don't burn!



# Sweet Potato Chips

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**2 large sweet potatoes, ends removed, unpeeled, washed and dried**

**¼ cup vegetable oil**

**1 tsp smoked paprika**

**1 tsp garlic powder**

**1 tsp chili powder (optional)**

**salt to taste**

1. Preheat oven to 400°.
2. Using a mandolin or a very sharp knife, thinly slice the potatoes to 1/8 inch thick. Place the potato slices in a bowl and toss with oil and spices.
3. Arrange chips in a single layer over two lightly greased baking sheets. Bake for 10 minutes, and flip the slices over. Cook for another 10 to 15 minutes, until crispy and dry to touch. Check frequently to make sure that they don't burn! Sprinkle with salt. Chips will continue to crisp as they cool.

# Beet Chips

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**4 medium beets, washed and peeled**

**2 tsp extra-virgin olive oil**

**salt and pepper to taste**

1. Preheat oven to 375°.
2. Using a mandolin or a very sharp knife, slice beets as thin as possible. Divide between two baking sheets lined with parchment paper. Toss beets with oil to coat evenly, arrange in a single layer and sprinkle with salt.
3. Bake until crispy and slightly browned, about 15-20 minutes. Check frequently to make sure that they don't burn! Chips will crisp as they cool.

# Carrot Chips

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**2 carrots, peeled**

**1/2 tbsp oil**

**salt and pepper to taste**

**¼-½ tsp cayenne pepper (optional)**

1. Preheat oven to 425°.
2. Thinly slice the carrots into rounds using a mandolin or a sharp knife. Place the carrots on a baking sheet lined with parchment paper and toss with the olive oil and spices. Arrange in a single layer.
3. Bake for about 10 minutes, until crispy. Check frequently to make sure that they don't burn!



# Baked Apple Chips

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**2 apples, washed, dried and cored**

**1 tsp cinnamon**

**1 tsp sugar (optional)**

1. Preheat oven to 225°, and place racks in upper and lower thirds of the oven.
2. Using a mandolin or a very sharp knife, slice apples to 1/8 inch thick. Place apple slices on two baking sheets lined with parchment paper. Sprinkle cinnamon (and sugar if using) over them.
3. Bake for 1 hour, turn each slice over, and bake for one more hour.

