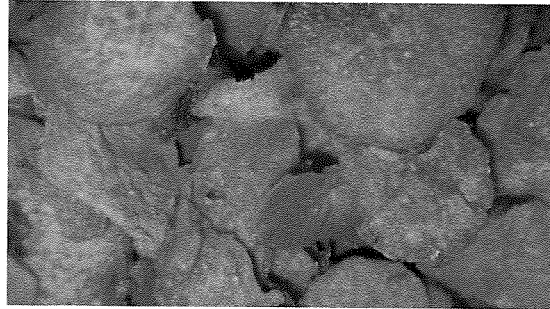


SWEET POTATO CHIPS



Ingredients:

- 3 large sweet potato, peeled and cut into ¼ inch slices
- 2 tablespoons PURE MAPLE SYRUP (try to use pure syrup – natural power food!)
2 tablespoons olive oil
- Salt and pepper to taste

Directions

- Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.
- Stir together olive oil, maple syrup, in a small bowl. Brush the sweet potato slices with the maple mixture and place onto the prepared baking sheet. Sprinkle with salt and pepper to taste.
- Bake in preheated oven for 8 minutes, then turn the potato slices over, brush with any remaining maple mixture, and continue baking until tender in the middle, and crispy on the edges, about 7 minutes more.

Interesting Sweet Potato Facts

- **Sweet potatoes** are an excellent way to eat healthy! They are fat-free and cholesterol-free.
- **Sweet potatoes** have unique health benefits! They are loaded with vitamins A, C and E - antioxidants that can help prevent heart disease and cancer, bolster the immune system and even slow aging by promoting good vision and healthy skin. They have been recently reclassified as an "antidiabetic" food. They are anti-inflammatory and can protect against emphysema.
- Our first president, George Washington grew **sweet potatoes** on his farmland in Mount Vernon, Virginia.
- George Washington Carver, a famous scientist, developed 118 products from **sweet potatoes** including glue for postage stamps and starch for sizing cotton fabrics.
- **North Carolina** is the leading producer of **sweet potatoes** in the United States, producing around 40% of the national supply. Most of the production is concentrated east of Interstate 95.
- **Sweet potatoes** are the official vegetable for North Carolina.