



## Sweet Chips

### Ingredients:

- 2 medium sweet potatoes
- 1 tablespoon olive oil
- 1 teaspoon salt
- ¼ cup apple sauce
- 2 tablespoons crushed pineapple
- 1 tablespoon apricot jam or orange marmalade

### Directions:

1. Preheat oven to 400 degrees.
2. Wash hands and potatoes thoroughly.
3. Carefully puncture holes in the potatoes with fork and place in small bowl with some water.
4. Microwave on high for 3 minutes, then turn the potatoes over microwave again for another 3 minutes.
5. Slice potatoes horizontally into chip sized pieces.
6. Place flat on an oiled baking sheet and drizzle with olive oil.
7. Sprinkle on salt.
8. Flip potatoes over and then repeat the procedure.
9. Place in 400 degree oven.
10. Turn potatoes over every two minutes.
11. Combine applesauce, pineapple, and jelly in a small dish or saucer. Mix. It's ready for dipping.
12. Chips are done when browned, about 20 minutes.

Nutrition Facts			
Serving Size ¼ recipe of chips and about 2 Tb dip			
Servings Per Recipe 4			
Amount Per Serving			
Calories	110	Calories from Fat	30
<b>% Daily Value *</b>			
<b>Total Fat</b>	<b>3.5g</b>		5%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		0%
<b>Sodium</b>	<b>620mg</b>		26%
<b>Total Carbohydrate</b>	<b>19g</b>		6%
Dietary Fiber	2g		8%
Sugars	9g		
<b>Protein</b>	<b>1g</b>		
Vitamin A	60%	Vitamin C	15%
Calcium	2%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		30g	37g
		25g	30g
27.2% calories from fat			
Nutrition Facts based on apricot jam			

and

*Yields about 4 servings*

**Source:** Eat Fit (University of California Cooperative Extension)

*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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