

# Vegetable Peeling Crisps

As we all strive to make food go further and reduce food waste, these vegetable peeling crisps are a great, low cost alternative to supermarket crisps.

**Organisation and skill:** ★★☆☆ **Cost:** £££ **Equipment:**   

**Community involvement:** children under supervision, young adults, families, older people

## Ingredients

- a big heap of peelings from washed and dried vegetables like potatoes, sweet potatoes, parsnips, beetroot and carrots
- 1-2 tbsp olive oil or rapeseed oil
- freshly ground black pepper
- pinch of salt

Other flavourings you can add include:

- chilli powder or chilli flakes
- smoked paprika
- garam masala
- garlic powder
- a few drops of soy sauce or balsamic vinegar
- finely grated lemon zest
- sesame seeds

## Equipment

- vegetable peeler
- chopping board
- mixing bowl
- baking tray
- fish slice or spatula

**Allergy aware:**  
This recipe contains  
sesame seeds.



# How to make it

- 1 Pre-heat the oven to 200°C/Gas 6.
- 2 Place the vegetable peelings on kitchen paper, blot them dry then put them into a mixing bowl.
- 3 Drizzle the oil over the vegetable peelings and sprinkle on the pepper, salt and any other seasoning you're using.
- 4 Toss everything together with your hands to coat evenly.
- 5 Arrange the vegetable peelings in a single layer on a baking tray.
- 6 Roast in the oven for 20-30 minutes, turning them with a fish slice halfway through cooking. They are ready when they're golden brown, so keep checking and don't let them burn.



 200°C/Gas 6  20-30 mins



## Cooking and sharing together

Why not flavour batches of the crisps with different spices or seasonings and do a blind taste test to see what you prefer or how you describe the flavours to each other.



## Recipe hints and tips

This is a great way to use up vegetable scraps that are often thrown away.

Make sure the vegetables are thoroughly washed and dried before peeling them.

Crisps can be made from very thin slices of the vegetables, not just peelings.

**Storage wise:** This recipe should be eaten immediately.