

Vegetable Chips with Yogurt Dip

Makes 12 servings

Ingredients

- 2 teaspoons extra-virgin olive oil, divided
- 3 medium zucchini, cut into 1/8- to 1/4-inch slices
- 2 medium sweet potatoes, cut into 1/8- to 1/4-inch slices
- 1 cup fat-free plain Greek yogurt
- 1/2 cup fat-free sour cream
- 1 1/2 tablespoons dried dill weed
- 2 cloves garlic, minced
- 1 tablespoon finely chopped fresh parsley

Directions

1. Preheat oven to 200 F.
2. Line two baking sheets with foil, lightly coated with oil. (To coat foil: Pour less than 1/8 teaspoon oil on a napkin or paper towel and wipe on foil.)
3. Place sliced zucchini in a plastic bag with 1 teaspoon oil. Seal bag. Shake gently to coat slices with oil. Pour onto one of the baking sheets. Repeat with sweet potato slices and pour onto other baking sheet.
4. Bake for 1 hour on middle oven rack. Remove pans from oven, stir vegetable chips with a wooden spoon and place back in oven to bake for 30 to 60 minutes, until crispy.
5. In a medium bowl, combine remaining ingredients. Stir until well-blended. Cover and place in refrigerator until ready to serve.

