

Air Fryer Homemade Vegetable Chips



Here's a crispy side dish or snack created by a dietitian to be simple and versatile. These homemade vegetable chips add a colourful and flavourful touch to your everyday meals while also being an excellent source of fibre. Easy and quick to prepare in the air fryer, they're ready in just 30 minutes, making them a practical alternative to store-bought versions without compromising on taste. Want to discover more? Check out our [Top 25 quick and healthy air fryer recipes](#) for plenty of delicious inspiration.

Preparation 10 min

Cooking 20 min

Servings 2

Nutrition Facts (per serving)

Calories 130

Fat 3

Carbohydrates 23

Fibre 5

Protein 3

Sodium 235

Ingredients

- 2 raw beets
- 2 raw parsnips
- 1 medium raw zucchini

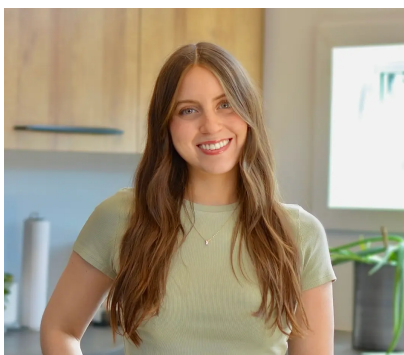
- 1.25 ml (¼ tsp) smoked paprika
- A large pinch of salt

Preparation

1. Preheat the air fryer to 300 °F (150 °C).
2. Wash the vegetables thoroughly. Peel the parsnips.
3. Slice the vegetables into thin, even rounds (about 1.5 to 2 mm thick) using a mandoline slicer.
4. Place the vegetable slices between two sheets of paper towel and gently press to remove excess moisture.
5. In a medium bowl, mix the parsnips and zucchini with half of the oil and spices until well coated.
6. Arrange the slices in the air fryer basket without overlapping too much.
7. In the same bowl, mix the beets with the remaining oil and spices until well coated.
8. Cook the zucchini for 10 to 15 minutes. Cook the parsnips and beets for 15 to 20 minutes. Work in batches if needed, depending on the capacity of the air fryer.
9. Remove the vegetables from the air fryer and let cool for about 5 minutes.
10. Serve immediately to maintain their crispy texture.

Notes

Keeps for up to 2 days in an airtight container at room temperature, but is best consumed on the same day.



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