



BAKED ROSEMARY POTATO CHIPS

Developed by Alexandra Caspero

This crispy, savory snack has less fat than traditional bagged chips.

- 2 large russet potatoes
- 1 tablespoon canola oil
- 1/4 teaspoon salt
- 1 teaspoon olive oil
- 1 teaspoon minced fresh rosemary

Using a mandoline or very sharp knife, slice potatoes paper thin. Place potatoes in a bowl and cover with cold water. Soak for at least 1 hour. Drain and dry potatoes very well with a paper towel to ensure all moisture is gone. If potatoes are wet, they won't get crisp in the oven.

Preheat oven to 400°F. Toss potatoes with canola oil and salt. Line two baking sheets with cooling racks and place potatoes in a single layer on top. Elevating chips from the baking sheet allows them to get crisp on both sides. Place in the oven and bake 15 to 20 minutes or until golden brown and crisp. Some potatoes will cook faster than others, so watch and remove those that brown first. Remove cooked chips from the oven and place in a bowl. Toss with olive oil and rosemary. Season to taste with additional salt, if desired. Serves 6.

Alexandra Caspero, MA, RD, is the owner of Delicious-Knowledge.com in Sacramento, Calif. She is a Stone Soup blogger.

CHOCOLATE QUINOA ENERGY BARS

Developed by Jackie Newgent

These fudgy bars offer a balanced package of protein, carbohydrates, healthful fats and a bevy of nutrients. They're a convenient snack for a hiking or biking trip, or for refueling your body after a workout.

- 3/4 cup unsweetened cocoa powder
- 1/2 cup whole-wheat pastry flour
- 1/2 cup, plus 2 tablespoons raw shelled hemp seeds, divided
- 1 1/3 cups packed pitted dried dates (7.5 ounces)
- 4 large eggs
- 2/3 cup fat-free milk or unsweetened plant-based milk
- 1/2 cup coconut nectar or honey
- 1 1/2 teaspoons pure vanilla extract
- 1 teaspoon sea salt
- 1/4 cup grapeseed oil
- 1/2 cup dry quinoa, rinsed and well drained

Preheat oven to 325°F. Line the bottom of a 9-by-13-inch nonstick baking pan with parchment paper and set aside. Stir together cocoa powder, flour and 1/2 cup hemp seeds in a medium bowl and set aside. Place dates, eggs, milk, coconut nectar, vanilla extract and salt in a blender. Cover and puree on high for about 1 minute. Add grapeseed oil and puree on high for about 30 seconds. Pour contents into a large bowl. Add the cocoa mixture and stir until just combined. Add quinoa and stir until it's evenly combined. Pour batter into the prepared pan. Sprinkle with the remaining 2 tablespoons hemp seeds. Bake until it's springy to the touch, about 35 minutes. Remove from the oven and cut into 12 bars.

Cool completely in the pan on a cooling rack, then remove bars. Enjoy at room temperature or chilled from the freezer. Serves 12.

Cooking Note

For flavor variations, use different oils, such as peanut, coconut or walnut oil.

Jackie Newgent, RDN, CDN, is a chef, cookbook writer and author of JackieNewgent.com. She is a Stone Soup blogger.



Get the nutrition information for this recipe on PAGE 39.

