

VEG-PEEL CRISPS

As well as being insanely good to eat, vegetable skins have high concentrations of nutrients and fibre – basically, they're loaded with goodness. Once you've tasted these crisps, you'd have to be mad to ever throw out your veg peelings again.

MAKES 4 SERVINGS

400g/14oz vegetable peelings, such as potato, carrot, parsnip or celeriac

2 tbsp extra-virgin olive oil
salt

- 1 Preheat the oven to 180°C/350°F/ Gas mark 4.
- 2 Give your veggies a really good scrub in some warm water, then dry them. *Nobody wants a mouthful of gritty soil!*
- 3 Peel the veggies, dragging the peeler away from you with the vegetable held firmly on the chopping board. Keep different types of vegetable separate, as some will take longer to crisp up in the oven (coloured carrots can be mixed up).
- 4 Place the peelings on a clean, dry tea towel to soak up any moisture.
- 5 Transfer the peelings to a large bowl. Add the oil with a pinch of salt (do this in batches if you have a mixture of veg) and toss them around to coat. Now's also the moment to decide on adding any extra flavourings.
- 6 Spread the peelings out over two large baking sheets, so that they have room to crisp up.
- 7 Roast for 10–15 minutes !!! until browned (they will crisp up further once out of the oven). It's worth checking on your crisps every 5 minutes and carefully using tongs to turn the peelings if some are browning more quickly.
- 8 Spread the hot crisps over a wire rack to cool.
- 9 These are best eaten within a couple of hours (more likely to be a matter of minutes!).

Potato peelings need cooking immediately or they become a bit mushy – other veg peels can be kept in the fridge for a couple of days.

HOW ABOUT?

1 tsp very finely chopped fresh rosemary
OR ½ tsp smoked paprika
OR ½ tsp dried thyme + ½ tsp sumac (a lemony, zippy spice)
OR ½ tsp curry powder
OR 1 tbsp nutritional yeast flakes + 1 tsp garlic powder

We all want to cut down on waste. It just doesn't make sense to throw away perfectly good food when it takes so much energy to grow it.

