

# Beet Chips with Lime Salt

4 cups (1 L) vegetable oil, for deep frying  
8 medium beets, peeled and thinly sliced  
Lime salt to taste (recipe below)

1. Pour vegetable oil into a sauté pan. Using a candy thermometer to check temperature, heat oil to 325°F (160°C).
2. Add the beet slices in small batches. Fry slices about 2 to 3 minutes or until golden and crisp. Drain on paper towels and season with lime salt. Serve immediately.

**Serves 6**

## Lime Salt

2/3 cup (150 mL) fine sea salt  
Freshly grated zest of 4 limes

1. Preheat oven to 325°F (160°C).
2. Combine sea salt and lime zest in a pie plate. Bake salt for 10 minutes. Cool.

**Makes 2/3 cup salt**

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