



DISHING IT UP WITH DANA

Keep Your Grip on These Chips

Salt and Pepper Air Fryer Chips are so good, little hands may be tempted to steal them

Column and photos by Dana Rady, Wisconsin Potato & Vegetable Growers Association

Earlier this week, I was finishing up a recipe that would be featured on the Wisconsin Potato & Vegetable Growers Association's program spot on WSAW-TV 7 the next morning. It was about 6 p.m., and upbeat music was playing on the speakers in the kitchen.

Griffin, our 12-year-old, said, "Mom, do you want to see my move?" He disappeared down the hallway, just out of view, only to appear again while doing some funny little dance to the beat of the music.

Of course, as soon as our 3-year-old

daughter, Havyn, saw her brother, she needed to do the same thing.

"Hey Mom, do you want to see my move?" she asked. "Of course!" I responded.

Like her oldest brother, she disappeared down the hallway only to reappear doing something between a skip and a hop, giggling the whole time.

As I told her what a great dancer she was, she asked again, "Hey Mom! Do you want to see my other move?" When I told her I did, she

Salt and Pepper Air Fryer Chips

INGREDIENTS:

1	6-ounce russet potato, washed and dried
1 Tbsp.	vegetable oil
1/2 tsp.	fine sea salt
1/4 tsp.	freshly ground black pepper

said, "Ok, close your eyes." I obliged and eventually realized after several seconds that she hadn't told me to open them again.

As I peeked through my eyelids, I noticed her stealing the "Salt and Pepper Air Fryer Chips" I had made for my TV spot. The bowl, sitting on the counter, was just within her reach.

continued on pg. 66



Dishing It Up with Dana...

continued from pg. 65

SCARY SAVVY

It's amazing (and scary) how savvy she is for her age. She also has what we call a spicy personality. So, this little setup of hers didn't really surprise me. Her brothers and I couldn't help but laugh.

I appreciated this little skit of hers for multiple reasons.

For starters, it was proof that my chosen recipe was edible (kids don't lie when they don't like something). Second, I am glad she was reaching for healthy food. A little oil (I used avocado), salt and pepper, a few minutes in an air fryer, and this healthy and crunchy snack hits just the spot.

Third, I'm grateful she was eating a wholesome, versatile vegetable that is produced sustainably and with the same care I put into preparing our family dinners.

Health has always been an important focus for our family. And in the last few years, Eric and I have researched how to modify our diets to alleviate certain ailments before looking into medications.

So, with the vitamins and minerals potatoes naturally provide, in addition to the fact that humans in general are deficient in many of those minerals, you can trust that I'll be making these air fryer chips (and many other Wisconsin potato recipes) again!

DIRECTIONS

Preheat the air fryer to 375° Fahrenheit.

Thinly slice the potatoes with a knife or a mandolin. A food processor with a thin setting for slicing works well, too.

Place the potato slices into a bowl of cold water to rinse some of the starch off. Remove the potato



The temptation to sneak a couple Salt and Pepper Air Fryer Chips from the bowl was too much for 3-year-old Havyn Rady.

slices from the water and drain well before laying them on some paper towel to dry.

Place the potato slices in an even layer (the bigger your air fryer, the more chips you can do). Lightly brush the potatoes with the vegetable oil and cook them in the air fryer for about 20 minutes.

Using a pair of tongs, gently remove the chips from the air fryer.

Season them with the sea salt and black pepper. Repeat if more chips are desired.

Serve chips with your favorite dips or sauce. Also use these for your favorite nacho dish, especially for parties and game-day get-togethers.

Visit <https://eatwisconsinpotatoes.com/recipes/salt-and-pepper-air-fryer-chips-2/>. **BCT**

ADVERTISERS INDEX

1,4Group	31
AgCountry Farm Credit Services..	26
Altmann Construction	32
Ascendance Truck Centers.....	38
Badger State Irrigation.....	68
Baginski Farms Inc.	15
Big Iron Equipment.....	19
Binfront Barriers	56
Bushmans' Inc.	3
Bushman's Riverside Ranch	44
Calcium Products.....	67
Central Door Solutions	2
CliftonLarsonAllen	49
Colorado Certified Potato Growers Association	60
Compeer Financial.....	45
Dewulf Group	59
Forte Humidifiers.....	58
Gorman Controls Ltd.	34
Hammer-Lok.....	22
Jay-Mar, Inc.....	23
J.W. Mattek & Sons, Inc.	9
John Miller Farms	39
M.P.B. Builders.....	41
McGowan Rice Construction	37
Montana Potato Advisory Committee	54
National Potato Council.....	35
Nelson's Vegetable Storage Systems Inc.	18
North Central Irrigation	43
Nutrien Ag Solutions	25
Paragon Potato Farms	61
Redline Solutions.....	12
Roberts Irrigation	17
Ron's Refrigeration	48
Ruder Ware	5
Sand County Equipment.....	21
Schroeder Brothers Farms.....	7
Swiderski Equipment.....	11
T.I.P.	53
ThorPack, LLC	55
Titan Machinery	29
Volm Companies.....	47
Wilcox Agri-Products	13
WPVGA Putt-Tato Open Thank You Sponsors.....	33
WSPIA.....	63