

WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

MARCH/APRIL 2018

59



Spring
Recipes

**The
Taste
of
Travel**

**Italy's
Very
Best
Traditions**

**The
World's
Most
Delicious
Salads**

**New York's
Delectable
Melting Pot**

**FOOD
ALLERGIES**

The new science & what's
really causing them





SMARTS FROM OUR TEST KITCHEN

morsels

Crunch Time

We did the hard work of veggie chip vetting (#thestruggleisreal) so you don't have to guess which are the tastiest *and* healthiest at your supermarket.

Chips with Benefits

+ 3 dips we really dig

We analyzed every veggie chip on the market against *EatingWell's* rigorous nutrition parameters, shopped our way through 6 grocery stores, and tore into 39 qualifying bags for taste-testing. After some serious debate (and eating and re-eating), here are our winners—along with some general shopping advice.

Look for the Veg You Want

Because the veggie chip category is so huge and varied, we decided to eliminate white-potato-based chips from the start. It turns out, many “veggie” chips are mostly potato-based, with veggie powders added for flavor and color. Make sure the first ingredient, say parsnip, is the veg you expect to get.

Watch the Salt!

We found some veggie chip brands to be super high in sodium, so keep an eye out. Our cap is 150 milligrams. And stick to the 1-ounce portion to avoid salt—and calorie!—overload. (Most serving sizes keep the latter in check.)

Enjoy Bonus Nutrients

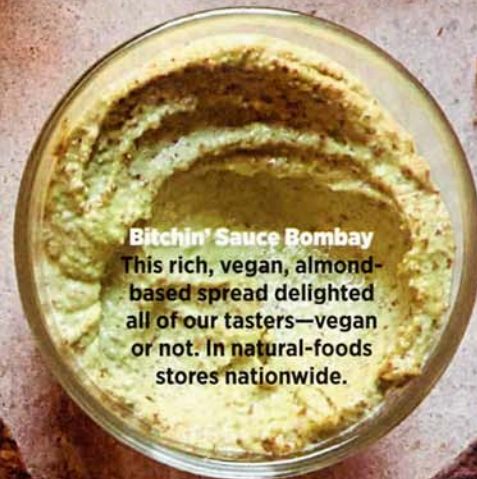
Over half of the veggie chips we picked through in stores had more fiber than potato chips (which only have 1 gram). Some pack 6 grams! And we found bean-based chips have around 4 grams of protein, while sweet potato varieties can be a rich source of vitamin A.



Toom Original
Light and bright, this Lebanese-style garlic sauce is made by a family company in Minnesota. In several Midwest grocery stores.



Yumami Red Bean Dip
Hummus fans, meet a new bean: red adzuki, flavored with ginger and ponzu sauce. In Whole Foods Markets.



Bitchin' Sauce Bombay
This rich, vegan, almond-based spread delighted all of our tasters—vegan or not. In natural-foods stores nationwide.



NUMBERS TO LOOK FOR
Sodium: ≤150 mg
Fiber: ≥2 g



Forager Wasabi Greens
Made with leftover pulp from juices, these chips are a tasty way to tackle food waste. Seedy, with a wasabi kick!



Cassava Crunch Seeds
We chose these cracker-shaped chips, made from the starchy root veg, for their flax-flecked nuttiness.



Beanitos Hint of Lime
So incredibly zesty, who needs salsa? We also like Beanitos Sweet Chili & Sour Cream and Honey Chipotle BBQ.



SunChips Veggie Harvest Farmhouse Ranch
Light and crunchy, this chip has great texture. We love its flavors of buttermilk, chives and garlic.



Terra Original
The combo of taro, sweet potato, batata, yuca and parsnip are like a “salad” of real-veg flavors, food editor Jim Romanoff says.



Simply Tostitos Black Bean
Cumin and chili spices give this chip a delicious refried-bean taste. Bonus: you get 5 grams of fiber per serving.