Solar ovens use the sun as a heat source and the container itself traps the heat allowing food to cook. Use your solar oven with veggies for healthy and delicious snacks and meals!

### Roasted Carrot Chips

**Ingredients:**
- 2 whole carrots or 1/2 sweet potato
- salt & pepper
- 1/4 tsp cinnamon
- 1/8 tsp cumin

Slice carrots into chips using a knife, peeler or box grater. Sprinkle carrot chips with salt, pepper, cinnamon, and cumin (or whatever spices you like). Place slices on a tin or paper plate inside the solar oven. Leave outdoors in direct sun for 3-4 hours. Remove and enjoy!

### Roasted Radishes

**Ingredients:**
- 1 bunch radishes
- 1 tbls. melted butter, olive oil or coconut oil
- garlic powder
- 1/2 onion
- herbs: chives, rosemary, or thyme
- salt and pepper to taste

Cut radishes into cubes or slices and place in a bowl. Lightly coat with melted butter or oil and add seasoning. Place on tin or paper plate in the solar oven and cook for 3-4 hours. Enjoy alone or sprinkle with your favorite cheese like feta, cotija, or mozzarella!
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**Veggie Pita Pizzas**

Ingredients:
- 2 pitas (or other "crust" like bread, tortilla, cracker, etc)
- 2 Tbls olive oil
- Fresh basil from the container or garden
- 10-20 cherry tomatoes
- 1 Tbls red or yellow onion
- Mozzarella or feta cheese

First place pita on tin or paper plate in solar oven. Allow to cook until crispy. Then, carefully brush each pita with olive oil and add toppings. Allow to cook until cheese melts. Enjoy!