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Make Healthy Foods More A-Peeling

The peeling is not everybody's favorite part of a fruit or vegetables. But the peeling in most fruits and vegetables is the healthiest part of the whole thing. Here are a few ways to try peelings from kiwis, oranges, potatoes, apples, and carrots that will actually taste good.

Potato Skins

About half of the spud's hunger-quelling fiber is in the skin.

Make Into Potato crisps. Place peelings on a baking sheet and sprinkle with oil, [salt](#), black pepper, and cayenne. Bake at 400°F until crisp, 10 to 15 minutes.

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