

Kale Chips

PREP TIME: 5 MINS

YIELDS: 5-6 CUPS

COOK TIME: 7-10 MINS

Ingredients

- 1 bunch kale, rinsed (~6 cups)
- Olive oil, as needed (~2 tablespoons)
- 1/8 teaspoon sea salt

Nutrition Content for 1 cup

Calories: 47kcal Carbohydrates: 0.9g

Fat: 5g Fiber: 0.9g

Protein: 0.6g Added sugar: 0g

Sodium: 60mg



Directions

- 1.Preheat the oven to 350°F.
- 2.Remove the large stems/ribs off the kale, saving the leaves.
- 3.In a medium sized bowl, toss the raw kale leaves with the olive oil.
- 4.Sprinkle with dry seasonings according to personal preference.
- 5.Line a baking sheet with parchment paper or aluminum foil.
- 6.Spread the kale leaves over the baking sheet spreading evenly.
- 7.Bake for 7-10 minutes until crispy and golden.

Chef Tips/Adjustments

- Recipe yield depends on how large the kale bunch is.
- The kale leaves will begin to burn at 13-15 minutes, be careful to not exceed this time.
- Remove all kale stems & ribs, they are very bitter tasting and can yield a stringy texture when baked.
- Other dry seasonings can be used such as garlic powder, paprika, chili powder, etc.
- Other oils can be used such as canola or avocado.

Qualities

Texture: Crunchy

Rating for Scent : 1/10

Spice Level: 0/10

Recipe Benefits

- Gluten Free
- Anti-inflammatory