







baked kale chips

Reach for a bunch of kale and bake up these healthy and delicious Kale Chips.

SERVES:3



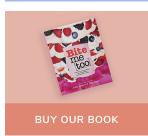
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ingredients

- 1 bunch of fresh kale
- Olive oil
- Salt

directions

- 1. Preheat oven to 300°F. Line two baking sheets with parchment paper.
- 2. Remove any large stems by stripping the leaves from the stalk using your hands. Tear your kale into rough, 3-inch pieces. Wash and carefully dry kale leaves thoroughly because wet leaves will steam in the oven versus bake and crisp. Place kale on baking sheets in single layer.
- 3. Drizzle leaves with olive oil. Using you hands, gently toss the kale and lightly rub the oil into each piece. If you need a little more oil, add it now. Redistribute the kale back to a single layer. Sprinkle on salt and any additional flavorings.
- 4. Place trays in the oven. Bake for 5 minutes, then rotate trays as the thin pieces of kale will quickly brown in your oven's hot spots. Check again after 3 minutes. You will hear the kale sizzling from the oil. Carefully pick up or nudge a chip. You want them to be crisp but not browned. Remove from oven and let cool on the tray.

