



# ROASTED KALE CHIPS

SERVES: 4

TOTAL TIME: 20 MIN

## INGREDIENTS

- 1 medium-sized bunch of kale washed and dried very well
- 2 tsp olive oil
- A pinch or two of salt
- A pinch of garlic powder
- Other toppings as desired (nutritional yeast, paprika, whatever you want to try!)

## DIRECTIONS

1. Preheat oven to 225 degrees F
2. Rinse and thoroughly dry kale
3. Tear into small pieces and discard large stems
4. Add to a large mixing bowl and drizzle with oil and seasonings of choice
5. Toss thoroughly to combine, using hands to massage and distribute the oil and seasonings evenly
6. Spread the kale over 2 large baking sheets, ensuring the kale touches as little as possible to help it crisp while baking
7. Bake for 15 minutes, then turn the pans around and lightly toss/stir kale to ensure even baking
8. Bake for 5-10 minutes more, or until kale is crispy and very slightly golden brown. **Watch closely as it can burn easily!**
9. Remove from oven and let cool slightly - chips will crisp up even more once out of the oven.



**Enjoy immediately!  
Best when fresh.  
Store leftovers covered  
at room temperature  
for 2-3 days**