

Kale Chips

Prep Time: 10 min

Cook Time: 10 min

Servings: 4

Don't call it quits on kale. Kale is delicious, nutrient-dense, and rich in vitamins. This fun twist on chips is a great source of vitamin A, vitamin C, calcium and even protein! Crispy and delicious, Kale Chips make a great snack or side.



Ingredients

- 1 bunch kale, washed and thoroughly dried
- 2 Tbsp oil
- salt to taste
- optional: 1 tsp cumin, 1/4 tsp cayenne pepper, or 2 tsp Parmesan cheese*

*when using Parmesan cheese add halfway through baking.

Steps

1. Heat oven to 350°F.
2. Remove ribs from kale and cut leaves into 1 ½ inch pieces.
3. Add to baking sheet and toss with oil, salt and any optional seasoning. Mix until well coated.
4. Bake until crisp, about 8-10 minutes, turning the leaves half way.
5. Serve as a healthy alternative to potato chips and as an easy way to eat another serving of fresh veggies!