

# Kale Chips



6 servings



20 minutes



These are a low-calorie nutritious snack. Like potato chips, you cannot stop at just eating one. They are great for parties and a good conversation topic.



## INGREDIENTS

1 medium-sized bunch  
of kale  
2 tsp of olive oil  
a pinch or two of salt  
a pinch or two of garlic  
powder

## DIRECTIONS

1. Preheat oven to 300 degrees F.
2. Wash and dry kale (a salad spinner works well for this). Make sure it is dry or you may have soggy chips. Rip the leaves off of the stems and the chewy veins and tear into bite-sized pieces.
3. Drizzle kale with olive oil. Massage olive oil into the leaves. Arrange the kale chips on a baking sheet in a single layer without overlap.
4. Sprinkle salt and garlic powder to the leaves.
5. Bake for 10 minutes. Rotate pan and flip any pieces that are starting to look crispy. Bake another 10-15 minutes but watch closely the last 7-8 minutes to prevent over-browning as it happens fast.
6. Remove pan and leave kale chips on the pan for 3-5 minutes before serving as they will crisp up even more.

## NOTES

It may not seem like enough olive oil, but if you need a bit more, just add one drop at a time. Do not add too much oil as it will add too much moisture and you'll have soggy chips. For variation, you can use chili powder, salt and pepper.