



Crispy Oven-Baked Kale Chips

🕒 20 minutes 🍴 4 servings

Ingredients

8 cup Kale (cut into large pieces, about 1 bunch of kale)
2 tbsp Extra virgin olive oil
1/2 tsp Salt

Nutrition (estimate per serving)

Calories	109 kcal	Fat	9 g
Carbohydrates	0 g	Protein	4 g
Fiber	6 g	Sugar	1 g
Cholesterol	0 mg	Sodium	362 mg
Vitamin A	13387 IU	Vitamin C	125 mg
Calcium	341 mg	Iron	2 mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Strip kale leaves from stem and tear or chop into 1-inch pieces. Place on a large baking sheet and toss with oil and salt. Arrange leaves no more than one layer thick, using several pans if necessary.
- 3 Bake in the oven for 8-10 minutes or until crispy, opening the oven door several times during baking to release steam. Watch carefully after 10 minutes and remove from oven before leaves burn.

Notes

Total time: 20 min

Prep time: 10 min // Cook time: 8-10 min

Serving Size

1 cup

Pro Tip

Add onion powder, garlic powder, cayenne pepper, or use flavored oil for variety.

Cooking Equipment

Large baking sheet

Leftovers

Best if eaten immediately, but can store leftovers in the freezer to keep crunchy.

Strip leaves from kale stem and tear into 1-inch pieces

hold kale leaf with stem-side up by the base of fibrous stem in one hand. With the other hand, pinch stem loosely at the base with thumb and forefinger and slide down the stem to strip leaves off. Discard tough stem and tear or chop leaves into 1-inch pieces.

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