



Kale Chips

Prep Time: 5 min Cook Time: 10 min Serves 4

Ingredients:

- 1 bunch of kale (about 10 large leaves)
- 1 Tbsp olive oil
- 1/8 tsp salt
- Other seasonings to taste (not more than 2 tsp combined)

Cook kale chips with
Chef Becky! 3-minute
how-to video



www.youtube.com/c/AppleSeedsInc

Instructions:

1. Set oven to bake at 400°F.
2. Remove the stems from the kale.
3. Cut leaves into 2 inch pieces.
4. Place in a large bowl and drizzle with olive oil.
5. Toss the leaves and the oil with your hands.
6. Add salt and seasoning, and toss again.
7. Arrange kale on baking sheets in a single layer. If the leaves are overlapping they will be soggy.
8. Bake until crispy and the edges just begin to brown (About 5-10 min).
9. Let cool for a few minutes on baking sheets then transfer to a bowl and serve.

Suggested
seasoning
combo:



garlic powder
paprika
nutritional
yeast