

Kale Chips

Credit: Lakewood Choose Health Program

Ingredients:

- Approximately ½ bunch of kale leaves
- ½ Tbsp. extra virgin olive oil or melted coconut oil
- 1 tsp. garlic powder
- ¾ tsp. chili powder
- ½ tsp. onion powder
- ¼ tsp. salt (or less)
- 1/8 tsp. cayenne pepper (optional)



Directions:

1. Preheat oven to 300F. Line a large rimmed baking sheet with parchment paper.
2. Remove leaves from the stems of the kale and roughly tear it up into large pieces. Compost the stems or freeze for smoothies. Wash and spin the leaves until thoroughly dry.
3. Place kale leaves in a large bowl. Massage in the oil until all the nooks and crannies are coated in oil. Now sprinkle on the spices/seasonings and toss to combine.
4. Spread out the kale onto the prepared baking sheet into a single layer, being sure not to overcrowd the kale.
5. Bake for 10 minutes, rotate the pan, and bake for another 12-15 minutes until the kale begins to firm up. The kale will look shrunken, but this is normal.
6. Cool the kale on the sheet for 3 minutes before digging in! This really makes all the difference! Enjoy immediately, as they lose their crispiness with time.
7. Repeat this process for the other half of the bunch.