

Kale Chips

Prep: 15 minutes | Cook: 25 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

- ½ bunch kale
- 2 teaspoons olive oil
- 2 teaspoons nutritional yeast (optional)
- 1 teaspoon spice (one type or a combination; e.g. garlic powder, onion powder, chili powder, paprika)
- ¼ teaspoon salt

Directions

1. Preheat the oven to 300°F.
2. Line a baking sheet with parchment paper. Set aside.
3. Wash the kale and pat dry. Remove the leaves from the stems, discarding the stems. Place the leaves in a large mixing bowl.
4. Add the oil and rub onto the surface of the kale leaves.
5. Add the nutritional yeast (if using), selected spice(s), and salt. Toss to combine.
6. Spread the kale into a single layer on the prepared baking sheet.
7. Bake until crispy, about 20-25 minutes, rotating the pan halfway through the cooking time.
8. Let cool, then serve at room temperature.

Recipe Notes

- If you do not have parchment paper, you can lightly coat the baking sheet with nonstick cooking spray.
- Store in an airtight container at room temperature for up to 2 days.

Nutrition Facts Per Serving: Calories: 60 | Total Fat: 2.5 g | Saturated Fat: 0 g
Sodium: 175 mg | Total Carbohydrate: 7.5 g | Dietary Fiber: 1.5 g | Protein: 2.5 g

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