

Kale Chips

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

Yield: 2 servings | Serving Size: 2 cups

Ingredients

- ½ bunch kale leaves (about 4 cups)
- 2 teaspoons olive oil
- 1 teaspoon spice of your choice or combination (garlic powder, onion powder, chili powder and/or paprika)
- ¼ teaspoon salt
- 2 teaspoons nutritional yeast (optional)

Directions

1. Preheat oven to 300°F.
2. Line a baking sheet with parchment paper.
3. Wash and dry kale.
4. Remove the leaves from the stems; discard stems.
5. Place leaves in a large bowl.
6. Add oil to the bowl and mix well to cover all of the leaves.
7. Sprinkle with spices, salt, and nutritional yeast (if desired) and toss to combine.
8. Spread the kale in a single layer on the baking sheet.
9. Bake for 20-25 minutes, rotating the pan half way through.
10. Let cool and serve at room temperature.

Recipe Notes

- If you do not have parchment paper, you can lightly coat the baking sheet with cooking spray.

**Nutrition Facts Per Serving: Calories: 120 | Total Fat: 5 g | Saturated Fat: 0.7 g
Sodium: 350 mg | Total Carbohydrate: 15 g | Dietary Fiber: 3 g | Protein: 5.5 g**

Adapted from Ohsheglows.com | Submitted by Robin LaCroix, Rd, CSO
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