



## Light & Crispy Kale Chips

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**SERVINGS:** 4 SERVINGS, DOUBLE THE RECIPE AS DESIRED

**CATEGORY:** SIDE-DISH, VEGETABLE

**TIME:** PREP- 5 MINUTES, **BAKE-** 12-20 MINUTES

**CALORIES:** 65 CALORIES/SERVING

## INGREDIENTS

- 1 bunch green kale (approx. 5.3 oz/6 cups packed)
- 1/2 tablespoon olive or avocado oil
- 1 tsp salt
- Spice options: My go to mix is: 1/4 teaspoon turmeric, 1 1/2 teaspoons Kirkland Organic No-Salt Seasoning, 1/2 teaspoon onion powder but feel free to make your own

## INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Wash kale paying attention to the ribs because this is where lots of dirt likes to accumulate. Rip off bite sizes pieces from the ribs/stem. Thoroughly towel dry or dry in salad spinner \*\*\*do not skip this part\*\*\*
3. Place in gallon baggie and drizzle olive oil inside baggie. Squeeze the air out and toss the kale in the bag, rubbing sides of the bag to coat all leaves with oil. Note: you can do this in a bowl if you'd prefer but the baggie option makes it easier/less mess.
4. Add seasoning to kale in baggie or evenly spread kale on baking sheet and then season.
5. Bake for 12-20 minutes based on how crispy you like your chips (and how consistent the temp is in your oven). I find they turn out most evenly when I stir them around 10 minutes.
6. Add additional seasoning and oil as you prefer. Enjoy!



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