

# Baked Kale Chips



**TIP:** These baked kale chips are exceptionally quick & easy to make and a great flavor satisfying way to enjoy the nutrient-rich, anti-inflammatory and antioxidant benefits of this health-promoting leafy green vegetable.

**Preparation Time:** 5-10 minutes

**Total Cooking Time:** 10-15 minutes

## Ingredients

(for 2-4)

**1 Bunch Fresh Kale**  
**2 Tablespoons Olive or Vegetable Oil**  
**Dash of Salt or Garlic Salt**  
**Ground Black Pepper**



## Equipment

Baking Pan  
Potholder or Folded Dishtowel  
Spatula  
Bowl  
Timer



1. Make sure the oven rack is set in the middle of the oven, and preheat the oven to 350 degrees.



2. Give the **kale** a vigorous rinse, squeeze, and shake dry in the sink to remove dirt from the **leaves**.





Tear the **kale leaves** off the stem into bite-sized pieces by hand and put the **kale pieces** in bowl.



Add a **shot of olive** or **vegetable oil**, a **shake of salt** or **garlic salt** and **good crunch of ground black pepper**.



Mix with your hands until the **leaves** are coated evenly with **olive oil** and **seasoning**.





Pour and spread the **kale leaves** evenly on the baking pan.



3. When the oven has warmed to 350 degrees (175 C), put the baking pan in the oven and bake for 10-12 minutes or...



...until the **kale leaves** just start to turn brown and slightly crispy (I check the **leaves** after 10 minutes and then adjust the time for another 2 minutes or so until the leaves look as shown below.)



4. Carefully remove the baking pan from the oven with a potholder or folded dishtowel and either serve **baked kale chips** warm or at room temperature.



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