

Baked Kale Chips

Ingredients:

Serves 8

1 large bunch kale, tough stems removed, leaves torn into pieces (about 16 cups)

1 tablespoon extra-virgin olive oil

1/8 teaspoon salt



Nutrition Facts

Serving Size 2 cups
Servings Per Container 8

Amount Per Serving

Calories 70 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 4g

Vitamin A 410% • Vitamin C 270%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. Position racks in upper third and center of oven; preheat to 400°F.
2. If kale is wet, very thoroughly pat dry with a clean kitchen towel; transfer to a large bowl.
3. Drizzle the kale with oil and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat.
4. Fill 2 large rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. (If the kale won't all fit, make the chips in batches.)
5. Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total.
6. Start checking after 8 minutes to prevent burning.