

Kale Chips (CNPP)

Cook time: 25 minutes

Makes: 4 Servings

Not a fan of kale? These crispy baked kale chips will convert you! For the best results, don't overcrowd the pans.

Ingredients

16 cups kale (tough stems removed, leaves torn into pieces)

1 tablespoon extra-virgin olive oil

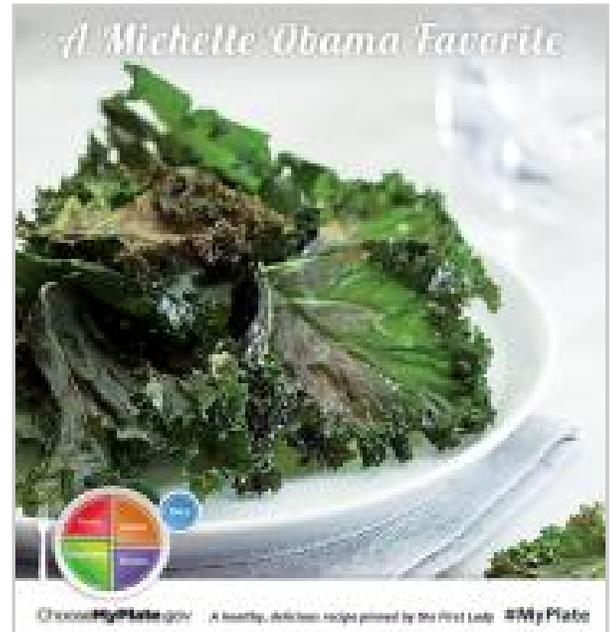
1/4 teaspoon salt

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. Drizzle the kale with oil, and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat. Fill two 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.)
3. Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)

Notes

Make Ahead Tip: Store in an airtight container at room temperature for up to 2 days.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	5 g	8%
Protein	5 g	
Carbohydrates	16 g	5%
Dietary Fiber	6 g	24%
Saturated Fat	1 g	5%
Sodium	210 mg	9%

MyPlate Food Groups

Vegetables	2 cups
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A First Lady's Favorite from Eating Well