

Crispy Kale Chips



Servings: 4 | 30 minutes

Ingredients

- 1 bunch kale
- 4 teaspoons olive oil
- Pinch of kosher salt

Directions

- Preheat the oven to 300 F.
- Wash the kale thoroughly under cool, running water. Dry the leaves by using a salad spinner or blotting with paper towels. Slice the leaves in roughly 1.5-inch squares, cutting out and discarding any hard stems.
- In a large bowl, toss the kale with the olive oil.
- Spread the kale in a single layer on two baking sheets and sprinkle with the salt. Bake for 15 minutes. Rotate the pans and bake until crispy, about 10 to 15 minutes. Let cool for a couple of minutes before eating.

Microwave Option

Kale chips made in the microwave are just as tasty as those baked in the oven. Spread the prepped kale pieces in a single layer on a microwave-safe dish. Microwave for 3 minutes, and then check to see if they're crispy. If necessary, continue cooking the chips for 30 seconds at a time until you're happy with their crispiness. Let the kale chips cool while you make the next batch. Within minutes, you'll have a bowlful ready to munch.