

Kale Chips

http://www.eatingwell.com/recipes/kale_chips.html

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

4 servings, about 2 cups each | Active Time: 25 minutes | **Total Time:** 25 minutes

Ingredients

- 1 large bunch kale, tough stems removed, leaves torn into pieces (about 16 cups; see Note)
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt



Preparation

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 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.)
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.)

Nutrition

Per serving : 110 Calories; 5 g Fat; 1 g Sat; 3 g Mono; 0 mg Cholesterol; 16 g Carbohydrates; 5 g Protein; 6 g Fiber; 210 mg Sodium; 642 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 2 vegetable, 1 fat

Tips & Notes

- **Make Ahead Tip:** Store in an airtight container at room temperature for up to 2 days.
- **Note:** Choose organic kale when possible. Nonorganic can have high pesticide residue.