

## Kale chips



Recipe credit

Inspired by Oregon State University's [Crunchy Baked Kale Chips](#) (September 2018; Food Hero)

## About this recipe

Serves

6

Serving size

1/2 cup

Time to make

20 minutes preparation; 15 minutes cook time

Special criteria

[Family Favorites](#)

# Ingredients

- 1 bunch fresh kale (about 8 cups prepared)
- 1 tablespoon canola or olive oil
- 1/2 teaspoon salt

# Directions

1. Preheat oven to 350 degrees F.
2. Wash kale leaves.
3. Cut the leaves off the thick stem. Dry the leaves by wiping with paper towels or coffee filters. Discard the stems.
4. Tear or cut the kale into bite-sized pieces. Place in a large bowl.
5. Drizzle oil over the kale and toss to coat well.
6. Place the kale leaves onto baking sheet.
7. Sprinkle with salt.
8. Bake until edges brown (about 10-15 minutes).
9. Serve while hot.

# Tips and variations

- Kale chips are a surprising way to serve kale. They meet the craving for something salty and crunchy and are a lot healthier than potato chips or other similar snacks.
- Consider sprinkling kale chips for added crunch on garden salads or soups.
- Cooled kale chips may get a little soggy but they are still edible. Add leftover kale chips to scrambled eggs, soups, or pizzas.

# Nutritional info

Calories

60

Total fat

3 g  
Saturated fat  
0 g  
Cholesterol  
0 mg  
Sodium  
290 mg  
Total carbohydrates  
8 g  
Dietary fiber  
2 g  
Protein  
4 g  
Total sugar  
0 g

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