



Kale Chips

Makes 4 servings

Ingredients

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

1 tablespoon extra-virgin olive oil
¼ teaspoon salt

Instructions

1. Position racks in upper third and center of oven; preheat to 400 degrees.
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.)
 - ✓ **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.

Nutrition Facts

Serving size: About 2 cups; Per serving: Calories 92; Fat 5g; Saturated Fat 2 g; Fiber 2g; Carbohydrates 11g; Protein 3g; Folate 35mcg; Cholesterol 10mg; Sugars 4g; Added Sugars 3g; Vitamin C 44mg; Calcium 36mg; Iron 1mg; Sodium 160mg; Potassium 191mg

Source: www.eatingwell.com

