

# Lorraine Matthews-Antosiewicz, MS RD

helping you live a healthy weigh of life

## Kale Chips

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### Ingredients

1 bunch of kale

1 tablespoon extra-virgin olive oil

Sea salt, for sprinkling

Freshly ground black pepper

Optional toppings: red pepper flakes, paprika, chili powder, cumin, onion powder, or vinegar

### Directions

1. Preheat oven to 350°F degrees.
2. Wash and dry the kale leaves; if the kale is not thoroughly dry, the chips may not get crispy.
3. Pull the curly kale leaves off the thick stems and tear into bite-size pieces.
4. Place kale pieces in a large bowl and drizzle with olive oil; massage oil onto all the leaves.
5. Spread kale pieces in a single layer on a baking sheet lined with parchment.
6. Sprinkle with a little bit of salt and other toppings if desired.
7. Bake for 10 - 15 minutes or until slightly brown on the edges and crispy.

Enjoy!