Kale Chips
Makes 8 servings

Ingredients:
- 1 bunch curly kale (8-10 ounces)
- 1 tablespoon olive oil (or other oil)
- ¼ - ½ teaspoon salt
- Optional: garlic or onion powder, chili powder, and/or cayenne pepper

Directions:
1. Preheat oven to 300F.
2. Strip the leaves from the kale stems (hold base of stem in one hand, and slide and pinch the leaves off with the other hand), and tear into medium size pieces (about 2 by 2 inches).
3. Wash and pat the leaves with paper towels until thoroughly dry.
4. Mix the salt and other seasonings into the oil in a small pourable container.
5. In a large bowl (or in the pan), use your hands to massage the oil mixture into the kale leaves until well coated.
6. Spread the kale in a single layer onto two large rimmed baking sheets, being sure not to overcrowd the kale.
7. Bake for 10 minutes, rotate the pan, and bake for another 10-15 minutes, until the kale is crispy but not burned (the kale will shrink).
8. Cool the kale on the sheet for 3 minutes.
9. Enjoy immediately or store in an airtight container.

Source: Quick and Healthy Recipes for Youth, Cornell Cooperative Extension 2016

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.