

# Crunchy Baked Kale Chips



Prep time:  
**20 min**



Cook time:  
**15 min**



Yield:  
**6 Servings**



Serving Size:  
**1/2 Cup**

## Ingredients

1 bunch fresh kale (about 8 cups, chopped)  
1 tablespoon canola or olive oil  
½ teaspoon salt

## Directions

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

## Ingredients

1 bunch fresh kale (about 8 cups, chopped)  
1 tablespoon canola or olive oil  
½ teaspoon salt

## Directions

Heat oil in a large skillet over medium-high heat (350 degrees in an electric skillet).  
Add celery and onion. Cook 4-7 minutes until soft.  
Add cabbage, green pepper, salt and pepper. Cook for 5-10 minutes, stirring often so the cabbage sweats.  
Add tomato and serve immediately.  
Refrigerate leftovers within 2 hours.