



The Best Kale Chips in the World

Kale chips are the perfect way to try kale! A food dehydrator will also work for these tasty snacks.

Source: Edward Christensen, Assistant Food Service Manager, Missoula County Public Schools

Servings

6

Ingredients

- 1 1/2 cups kale, raw, stemmed, and cut into chip-sized pieces
- 1 tsp olive oil
- 1/4 tsp salt

Preparation

1. Preheat oven to 225°F.
2. Remove large stems from leaves leaving kale in "chip-size" pieces.
3. In single layer on sheet tray, place leaves face up, lightly spray with olive oil, and lightly season the kale with salt.
4. Bake for 40-60 minutes, or until the kale is completely dehydrated and will easily release from the pan when you shake the pan back and forth. Using a low oven temperature ensures that you will not burn the chips.



Did You Know?

Kale has been grown for more than 6,000 years and is in the brassica family along with bok choy, collards, and broccoli.

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Kale



Lacinato "Dinosaur" kale

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Kale



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