Kale Chips

Ingredients

Serves about 7-10 for a taste test

- 1 bunch kale
- 3 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon red pepper flakes
- Cooking spray or olive oil
- (Optional) 2 tablespoons grated parmesan cheese or other spice mix

Fun Tip!

Kale chips can be made with any spice mix. Get creative and have your students create their own flavoring! Some ideas include Masala spices, chili powder, or nutritional yeast.

Directions

1. Preheat oven to 350 degrees, and line a baking sheet with parchment paper. Spray with cooking spray or lightly drizzle olive oil evenly across.

2. Wash kale, remove stems, and chop or tear leaves by hand into 1-2 inch pieces.

3. In a large bowl, combine all ingredients and mix evenly. Place kale leaves on the baking sheet in single layer.

4. Bake for 10 minutes, stir, and continue to bake for an additional 10-15 minutes until chips are crisp.

5. Remove from oven and let cool before serving.