



Kale Chips

Kitchen scrap: Leftover kale

Yield: 4 servings Prep time: 10min. Cook time: 15 min.

Ingredients

- 1 bunch kale
- 1 tablespoon canola or olive oil
- 1 teaspoon salt
- Grated parmesan cheese, optional

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recipes

Adapted from [Allrecipes](#) - [LucyDelRey](#).

Directions

1. Preheat an oven to 300 °F and prepare a baking sheet with parchment paper or use a silicone mat.
2. Remove thick stems from kale leaves with a knife or kitchen shears.
3. Wash kale leaves and tear into small pieces about 2 inches, then pat dry.
4. In a bowl, drizzle kale leaves (about 3 cups) with oil and toss.
5. Spread kale pieces on the baking sheet without overlapping and sprinkle with salt. Add grated parmesan too if wanted.
6. Bake for 10-15 minutes until the edges begin to brown and the leaves feel crisp. These can burn quickly so be careful!
7. Let chips cool and finish crisping, then enjoy!

Notes:

Too much oil leads to chips that will not crisp fully.