

Easy Oven Baked Kale Chips

Minimal ingredient but very tasty and nutritious oven baked kale chips to replace craving for traditional potato chips fried in oil.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 15 mins

Category: Snacks and breads

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Kale, raw	10 cup
Salt, sea salt	2 dash
Olive oil	2 tablespoon
Nutritional yeast seasoning	1.5 x 1 tbsp
Onion powder	2 teaspoon

Instructions

1. Pre-heat your oven to 275 degrees Fahrenheit.
2. Wash and dry one large head of kale, roughly 10 cups and make sure that the leaves are chopped small. You can tear the leaves with your hands or you can use kitchen scissors . Put aside or compost any stems.
3. Pat dry with paper towel or clean cloth. If the leaves are wet you will end up with soggy kale chips.
4. Arrange the kale on 2 unlined baking sheets and try to space them out so they are not overlapping.
5. Take the olive oil and drizzle it on to the kale evenly. With clean hands, gently massage the kale. If you prefer to use less oil you can add 2 teaspoons instead.
6. Add salt and spices and the nutritional yeast.
7. Baked in the oven for 15 to 20 minutes. At the 10-minute mark take a spatula and move the kale around to make sure that the chips are baking evenly. You want to ensure the chips are not wet , nor burned when they come out of the oven.
8. Take them out of the oven and let them cool for five minutes before eating. Cooling them will help crisp them up even more. Enjoy!