

## Crispy Kale Chips

Makes 4 servings

Kale chips are a tasty and healthy way to satisfying a craving for a crunchy snack. Your child can help by tearing the kale leaves.

### Ingredients

- 1 bunch kale
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon garlic powder

### Directions

1. Heat the oven to 350 degrees F.
2. Wash and dry the kale very well. Remove the stems and tear the leaves into 2-inch pieces.
3. Put the kale, oil, salt, and garlic powder on a sheet pan and toss well to combine. Spread the kale leaves into a single layer.
4. Bake the kale until the leaves look dried and crispy, about 15 minutes.
5. Cool the kale chips to room temperature, then serve. Store any leftover kale chips in an airtight container.



*Photo: Always Nourished*

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