

Crispy Chile Lime Kale Chips

Makes 4 servings

This a delicious, fun, and healthy way to have your child eat kale. Leafy greens like kale are packed with vitamins and iron.

Ingredients

- 1 bunch kale, stems removed, leaves torn into bite-size pieces, washed, and dried very well
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon chile powder
- Zest of one lime

Directions

1. Heat the oven to 350 degrees F.
2. In a large bowl, gently mix the kale with the oil and salt.
3. Spread the kale pieces into a single layer on a large baking sheet.
4. Bake the kale until it looks crispy and dry, about 15 minutes.
5. Remove the kale from the oven and sprinkle with chile powder and lime zest. Cool to room temperature and serve. Store any leftovers in an airtight container.



Photo: Always Nourished

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