

# Baked Kale Chips

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Kale is a powerhouse of nutrients. It is an excellent source of vitamin A and vitamin C and a good source of calcium and potassium.

Enjoy Baked Kale Chips, made with a minimal amount of oil. You'll be amazed at how much kale you eat ... just because it tastes so good! Baking "low and slow" helps prevent kale chips from turning brown and bitter.

## Ingredients:

- 1 bunch kale
- 2 teaspoons olive oil (approximately)

## Directions:

1. Preheat oven to 200 degrees F. Lightly spray two large baking sheets with vegetable oil cooking spray.
2. Wash and **thoroughly** dry kale. A salad spinner works well, followed by patting kale dry with paper towels or a dish towel.
3. Cut with kitchen shears or tear leaves from stems and thick center rib in middle of leaves; then tear into large sections.
4. Toss with 1 teaspoon oil in a large bowl. You may wish to use your fingers to distribute the oil on the leaves. Use slightly more oil if needed.
5. Place in a single layer on baking sheets; use separate oven shelves if needed.
6. Bake about 20 minutes. Then, remove baking sheets from oven, turn kale chips over, and switch shelves if place on separate shelves.
7. Check after an additional 10 minutes to determine if they are evenly crisp. Continue baking if needed. The time may vary with your oven. Record the times that work for you.
8. Let chips cool slightly on baking sheet, placed on a cooling rack. Then, transfer to a bowl and sprinkle with salt or grated Parmesan cheese, if desired.



Thoroughly dry kale with paper towels or a dish towel



Spread kale in single layer on baking sheet