

Recipe

Kale Chips

Ingredients:

1 cup packed, dry kale leaves (stems discarded)

1. Lemon

1 teaspoon extra-virgin olive oil

1 teaspoon (packed) lemon zest scant

1/8 teaspoon sea salt

2. Smoky

1 teaspoon extra-virgin olive oil

3/4 teaspoon smoked paprika scant

1/8 teaspoon sea salt

A pinch of chipotle pepper

3. Sesame

1 teaspoon roasted sesame oil

1 teaspoon roasted sesame seeds scant

1/8 teaspoon sea salt

4. Cheesy Black Pepper

1 teaspoon extra-virgin olive oil

1/4 cup (loosely packed) shredded white cheddar cheese

1/8 teaspoon freshly ground black pepper



Directions:

Preheat oven to 300F.

On a lined baking sheet, space out 1 cup packed, dry kale leaves (stems discarded.) Drizzle with oil, sprinkle with seasonings and massage into leaves. On the top or middle rack, bake for 20 minutes, until crisp, rotating the pan and switching racks (top to middle or vice versa) halfway through baking time.

Makes 1 to 2 servings.

Nutrition:

Per batch –

Lemon – 80 calories; 5 g fat, 7 g carbohydrates; 1 g fiber; 9 g protein

Smoky – 80 calories; 5 g fat; 7 g carbohydrates; 1 g fiber; 2 g protein

Sesame – 90 calories; 6 g fat; 7 g carbohydrates; 2 g fiber; 3 g protein

Cheesy Black Pepper – 190 calories; 14 g fat; 8 g carbohydrates; 1 g fiber; 9 g protein