

# Kale Chip Recipes

## **Kale chips recipe courtesy of Food Network Magazine**

### INGREDIENTS

1 bunch kale  
2 Tbsp. olive oil  
2 cloves of garlic, sliced  
Salt  
Pepper  
Lemon juice  
Parmesan  
Mayo

### DIRECTIONS

Tear the leaves off 1 bunch kale  
Toss on a rimmed baking sheet with 2 Tbsp. olive oil, 2 sliced garlic cloves, salt, and pepper. Roast in a 425 degree F. oven until crisp, about 15 minutes, stirring halfway through. Squeeze some lemon juice on top. Sprinkle with Parmesan cheese and serve with lemon mayo. Dipping sauce.

## **Kale Chips By DCGP**

Healthy snack  
Serves: 2-4 people  
Prep time: 5 minutes  
Bake time: 20-30 minutes

### INGREDIENTS

1 bunch of kale leaves  
1 Tbsp. vinegar  
1 Tbsp. olive or vegetable oil  
Any seasoning of your choice–Italian seasoning, chili powder, a little salt...

### DIRECTIONS

Heat oven to 350 degrees F. Wash kale, pull off tough stems and tear leaves into bite-sized pieces. Toss in a bowl with vinegar, oil and seasoning(s) of your choice. Spread in a single layer on a cookie sheet. Bake for 20–30 minutes, stirring occasionally, until they are very crisp but not browned. Enjoy warm or cooled to room temperature.