

# All-Dressed Kale Chips

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Wondering what to do with that extra bunch of kale in your refrigerator? Make kale chips! (Also try my [Kick Ass Kale & Carrot Salad](#)). These kale chips really taste like All-Dressed potato chips. I could not stop eating them. I think I received my greens intake and more today. I have tried many recipes, but not with the best results. At one point, I was spending more than \$50 a week on store-bought ones. Now, I can make them at home at a fraction of the price as these chips turned out to be so crispy and delicious. I think the keys to crunchy kale chips is to dry the kale well, massage the kale with little oil, and to use a lower temperature oven.

Sansational!

Makes 1 baking sheet



## **Ingredients:**

1/2 bunch kale leaves

1/2 tablespoon extra virgin olive oil or coconut oil

1.5 tablespoons nutritional yeast

1 teaspoon garlic powder  
3/4 teaspoon chili powder  
1/2 teaspoon onion powder  
1/2 teaspoon smoked paprika  
1/4 teaspoon fine grain sea salt  
1/8 teaspoon cayenne pepper (optional)

**Directions:**

1. Preheat oven to 300 degrees F. Line a large baking sheet with parchment paper.
2. Tear kale in pieces and wash well. Dry in spinner and dry again in a clean tea towel.
3. Place kale in a large bowl and massage well with oil. Add spices and combine well. Place on baking sheet ensuring there is not too much overlap.
4. Bake in oven for 25 minutes. Remove from oven and let sit for a few minutes before consuming.