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# Baked Kale Chips

These crispy oven-baked kale chips are a great homemade snack. You cannot stop at just eating one, just like potato chips. Great for parties, too.

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**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Servings:** 6

## Ingredients

1 bunch kale

1 tablespoon olive oil

1 teaspoon flaked sea salt

## Directions

### Step 1

Gather all ingredients.

### Step 2

Preheat an oven to 300 degrees F (150 degrees C). Line a rimmed baking sheet with parchment paper.

### Step 3

With a knife or kitchen shears carefully remove kale leaves from the thick stems and tear into bite size pieces.

### Step 4

Wash and thoroughly dry kale with a salad spinner.

### Step 5

Drizzle kale leaves with olive oil and toss to combine. Spread out in an even layer on the baking sheet without overlapping and sprinkle with salt.

### Step 6

Bake until the edges start to brown but are not burnt, 20 to 30 minutes.

### Step 7

Enjoy!

## Nutrition Facts