

CRISPY BAKED KALE CHIPS

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 6-8 cups chopped fresh kale, hard stems removed and no yellow leaves
- 2 Tbsp. olive oil
- 1 Tsp. apple cider vinegar
- ½ Tsp. kosher salt or sea salt

Instructions:



1. Place a rack on the lowest shelf of your oven and preheat to 350 degrees F.
2. Spread kale out on a sturdy baking sheet.
3. Mix apple cider vinegar and olive oil together and drizzles over kale.
4. Toss to coat completely.
5. Place on the lowest rack of the oven and bake for 10 minutes.
6. Remove from oven and tumble so that kale can get crispy all over.
7. Bake additional 8 to 12 minutes or until kale is crispy. It should be lightly browned and crispy to the touch.
8. If kale still bends instead of crackles when you touch it, return the tray to the oven. Turn down the heat if it's getting too brown. Continue cooking until crispy.
9. Remove from oven, sprinkle with sea salt and serve immediately.

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