

Kale Chips

If you love potato chips and you love healthy foods, then you'll love this tasty and crunchy snack that is a healthy alternative to fried potato chips. You can buy kale chips in the grocery or health food store or you can make these delicious snacks yourself with your own flavor. Once you make these kale chips, share them with your family and let everyone know about healthy kale chips.



Ingredients:

12 large leaves of kale (Tuscan kale is known to produce the crispiest chip)
1 Tablespoon olive oil
Seasoned salt to taste

Instructions:

Preheat oven to 250 degrees. Slice the kale leaves in half, lengthwise. Make sure you remove center ribs and stems. Place kale in a medium bowl and toss it with 1 Tablespoon olive oil. Place kale on baking sheet and sprinkle to taste with seasoned salt. Bake the kale for 20 minutes or until kale is crispy.

Photo credit: Kale chips by Jo del Corro

[Click here see](#)
[Licenses](#)