



# Seasoned Kale Chips

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**MAKES: 4-6 servings    PREP: 15 minutes    COOK: 20 minutes**

## Ingredients:

- cooking oil spray or parchment paper
- 1 bunch curly kale leaves
- 1 tablespoon olive oil (or other oil)
- ¼ teaspoon salt
- 1/8 teaspoon each: black pepper, paprika, garlic and onion powder
- 1 tablespoon grated cheese
- 1 teaspoon lemon juice



## Directions:

1. Pre-heat oven to 300 degrees Fahrenheit.
2. Cover 2 sheet pans with parchment paper or oil spray.
3. Remove kale leaves from stems; tear into pieces.
4. Rinse and dry kale thoroughly.
5. Toss kale in large bowl with oil and desired seasonings.
6. Put on baking sheets in single layer.
7. Bake for 10 minutes, then flip sheets from top to bottom and front to back (for even crisping).
8. Bake for 10 minutes, or until crispy (careful not to burn).

## Kale Yeah!

Enjoy this affordable super food in an easy to prepare and fun recipe! Pairs great with burgers, hot dogs, sloppy joe and other favorites! Kale has vitamin A and C - among other trace micronutrients - to support our immune system.