

Baked Kale Chips



Turn this dark green leafy vegetable into a crisp, crunchy chip! It will be just as delicious as potato chips – but much healthier!
Yield: 4 to 6 servings

Ingredients:

- 1 bunch kale
- 1 tablespoon olive oil
- 1/2 teaspoon salt

Method:

Preheat the oven to 350 F. Rinse the kale leaves. Put them in a salad spinner and spin very well. After you remove it from the spinner, dry it even more with paper towels or a dish towel until the leaves are very dry. Remove the stems and tough center ribs. Cut into large pieces. Put the kale leaves in a large bowl. Drizzle 1 tablespoon of the olive oil over the kale. Massage the oil into the leaves. Sprinkle with salt. Arrange the kale chips onto a baking sheet and slide it into the oven. Bake until the leaves are crisp to the

touch, but still a dark green. (When they turn brown, they turn bitter.) Check them at about 12 minutes.

Nutritional Information Per Serving:

- Calories: 55
- Fat: 4 grams
- Carbohydrates: 5 grams
- Protein: 2 grams
- Sodium: 312 milligrams

**Recipe adapted by Kip Hardy, Emory Healthcare Food & Nutrition Services, from Gluten Free Girl: glutenfreegirl.com/baked-kale-chips/ and Smitten Kitchen: smittenkitchen.com/baked-kale-chips*

For more recipes that are healthy for your heart, visit emoryhealthcare.org/healthy-recipes.

EMORY
WOMEN'S HEART
CENTER