

Betty's Trendy Baked Kale Chips



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In this video, Betty demonstrates how to make Trendy Baked Kale Chips. These are seasoned, crisp kale chips that are baked in the oven.

Ingredients:

1 bunch kale, washed and dried with paper toweling
2 tablespoons olive oil, or as desired
seasoned salt, to taste, about 1 teaspoon per bunch of kale

With kitchen scissors, cut the kale leaves away from the center stem and separate them into bite-sized pieces. Wash the kale pieces again, and dry with paper toweling. Place the kale pieces on an appropriately-sized rectangular baking pan that has been lined with parchment paper. Drizzle olive oil over the top of the the kale pieces and then sprinkle with seasoned salt. Bake at 350 degrees (F) about 10 minutes. Edges may turn brown. Remove from oven, and place crisp kale chips in a nice serving dish. Serve immediately, or later when cooled. YUM! This is a healthy treat, and you may cut back to only a small amount of oil and seasoned salt, as desired. I hope you enjoy this recipe! --Betty ☐