

How to Bake Kale Chips

Prep time

5 minutes

Cook time

12 minutes

Total time

17 minutes

Baked kale chips are so quick and easy. You can season with almost anything -- we shared ideas in the article "[How to Bake Kale Chips](#)." Remember to dry kale very well before baking for the crispiest chips.

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Yield: 2



You Will Need

- 1 bunch kale
- 2 tablespoons olive oil
- 1/4 teaspoon kosher salt
- 1/8 teaspoon ground black pepper

Directions

Heat oven to 350 degrees F (177 degrees C).

Remove the thick, woody stalks and ribs from kale leaves and tear leaves into smaller pieces. Discard stalks and ribs or save for another use.

Wash leaves thoroughly then use a salad spinner or clean kitchen towels/paper towels to dry them completely. (If the kale leaves are not dry, they will steam instead of becoming crisp).

Toss leaves with olive oil, salt and the pepper.

Arrange kale, in one layer, on a large baking sheet (you may need to work in batches). Then, bake in the oven until crisp, 10-12 minutes. If after 10-12 minutes the kale is not yet crisp, bake another 2-3 minutes. (Stay close to watch for the kale becoming overcooked/browned).

Remove from oven and let cool 5 minutes.

Recipe by Inspired Taste - Easy Recipes for Home Cooks at <http://www.inspiredtaste.net/10207/how-to-bake-kale-chips/>