

Kale Chips

Ingredients

- Cooking spray
- 1 large bunch kale
- 2 tablespoons olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt



Directions

- 1. Preheat the oven to 325°F. Spray two baking trays with cooking spray. Tear or cut the kale leaves into bite-size pieces. Wash the kale and dry it very well.
- 2. Place the kale in a large bowl. Drizzle with the olive oil and sprinkle with the garlic powder, chili flakes, and salt, and massage the oil and seasonings into the kale with your hands to distribute evenly. Place the kale in a single layer on the baking sheets, and bake until crisp and the edges are slightly browned, 12 to 15 minutes.

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