

Crispy Kale Chips



Craving something crispy and nutritious? Kale chips are the perfect snack to satisfy your crunch cravings while delivering a boost of natural goodness. Let the delicious roasted flavor of kale take center stage in this simple, wholesome treat!

Preparation 5 min

Cooking 15 min

Servings 1

Nutrition Facts (per serving)

Calories 150

Fat 14

Carbohydrates 4

Fibre 2

Protein 2

Sodium 230

Ingredients

- 750 ml (3 cups) kale, chopped into large bite-sized pieces, stems removed
- 15 ml (1 tbsp) olive oil
- A sprinkle of salt

1. Preheat the oven to 350°F (175°C).
2. Spread the kale on a lined baking sheet, ensuring it is not overcrowded.
3. Drizzle evenly with olive oil and season with salt.
4. Bake for 15 minutes. Turn off the oven and let the chips cool inside for 10 additional minutes.

Notes

To be eaten immediately.



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