

Leafy Greens Four Ways

Spring 2016

Zesty Kale Chips

Prep time: 10 minutes

Total time: 40 minutes

Yield: 4 servings

Ingredients:

- 1 bunch kale (lacinato or curly)
- 2 tablespoons tahini (or nut butter of choice)
- 1 teaspoon olive oil
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon paprika (or smoked paprika or cayenne pepper)
- ½ teaspoon sea salt



Directions:

1. Preheat oven to 300 degrees F. Line 2 large baking sheets with parchment paper.
2. Remove kale leaves from stalks, discard stalks. Tear kale leaves into bite size pieces, wash, and spin dry in a salad spinner or pat dry with paper towels. Put dry kale leaves in a large bowl and set aside.
3. In a small bowl, combine tahini, olive oil, spices and salt and mix well. Pour spice mixture over kale leaves and *massage* spice mixture into kale leaves until each piece is coated.
4. Spread kale onto baking sheets in a single layer and bake for 10 minutes. Rotate pans in the oven and bake for 10-15 more minutes. Repeat if necessary until all kale is baked.
5. When kale is crispy but not browned or burnt, remove from oven and allow to cool on baking sheets for at least 5 minutes.
6. Enjoy right away or store in an airtight container.

Notes:

- Drying the kale chips is a very important step. If water is left on the kale, the chips will steam and get soggy instead of crispy.
- If you'd like to try a very basic and tasty version of these kale chips, try just adding 1 tablespoon olive oil and ½ teaspoon sea salt or seasoned salt (like Herbamare) to the prepared kale and follow the same recipe, skipping all ingredients except the kale.

Nutrition Information:

Recipe serves 4. Per serving: 100 calories, 5g total fat, 1g saturated fat, 0mg cholesterol, 283mg sodium, 463mg potassium, 11g total carbohydrates 2g fiber, 4g protein, 262% DV Vitamin A, 168% Vitamin C, 15% DV calcium, 13% iron.

