

CRISPY KALE CHIPS

These fast & easy kale chips are crunchy, nutritious and surprisingly addictive. A great way to introduce some greens to picky eaters!

1 (or more) head kale
1 Tbs olive oil
1-2 cloves pressed garlic
sea salt to taste
1-2 Tbs freshly grated parmesan (optional)

Optional Seasoning:

¼ cup tahini
2 Tbs apple cider vinegar
2-3 Tbs lemon, juiced
2 Tbs nutritional yeast (or parmesan cheese)
Olive oil, sea salt & garlic, as above

Mix all thoroughly in separate small bowl.

Preparation:

Preheat oven to 375°F. Tear leaves away from tough stalks and break into pieces up to 2 inches in length. Wash well, and dry thoroughly in a salad spinner. In a large bowl, toss kale pieces well with oil, garlic, salt, and parmesan (if desired). Spread out on several cookie sheets, and bake for 10-15 minutes, turning several times until starting to brown and crisp. Serve in bowls like potato chips!

For Optional Seasoning version: Use 1/3-1/2 cup of seasoning per head of kale. Mix well with hands to coat kale. Follow the steps above, but bake for 25-35 minutes in a 275°F oven.

Jennifer Baer, RHN, ND, is a Naturopathic Doctor, trained chef and Registered Holistic Nutritionist, with a passion for educating people about making healthy dietary choices that are realistic, appealing and delicious. In addition to naturopathic care, Jennifer offers nutritional consultations and customized meal plans with recipes. For more information about her training, programs and services, please visit: www.bokhealingarts.com