



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

KALE CHIPS



Let the healthy snacking begin! Kale chips are fantastic for a low-carb munchie, and so very good for you, too.



00 HR 20 MINS



Serves 4



Featuring

[Swank Farms Produce](#)
[Fifth Crow Farm](#)

INGREDIENTS

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- 2 bunches kale, washed and dried
- Sea salt
- Olive oil, to taste

METHOD

Preheat oven to 400°F. Grasp kale by the tip of the stem with one hand, and remove the leaves by running your other hand along the stalk, gently tearing the kale free from the stem as you go. For the kale beginner, use all but the Lacinato kale, as this variety is slightly harder to remove the stems from. However, all kale can become good kale chips, so let what looks best at the market inform your kale choice.

Chop kale into bite-sized pieces, and pack 3 cups worth of kale into a measuring cup. Bake only 3 cups at a time, or kale will be overcrowded and steam instead of crisping.

If you have a convection function, DO NOT USE IT. These chips are very light, and a fan would blow your chips all over the place! Bake for 7 minutes, until the chips are mostly dehydrated. Remove from the oven, drizzle with olive oil, sprinkle with salt, and toss with tongs. Put the chips back in the oven for 1-2 Minutes until everything crisps up. Serve with pepper, grated cheese, nutritional yeast or just salt and oil. They will disappear fast!