

Roasted Kale / Kale Chips

Vegetarian & Gluten-Free

The Daily Basil Blog
2–3 servings

Prep Time 5 min
Cook Time 3 or 20 minutes

Instructions

- 1** Wash and dry the kale. Break off the leaves into medium-sized pieces.
- 2** In a bowl, add the kale leaves and the olive oil. Mix together until the kale leaves are completely coated.
- 3** Pre-heat your oven to 425 F. Oil a pan and spread the kale leaves in a single layer. When hot, add the kale leaves and roast for 18 to 20 minutes. Turn over half-way through the cooking.
- 4** Pre-heat your air fryer. Oil the frying surface and add the kale in a single layer. Cook for 3 minutes in the air fryer, turning after 2 minutes.
- 5** Sprinkle with sesame seeds, salt, pepper, and any other seasoning, and enjoy.

Watch the video on how to make [Roasted Kale](#).

*Cooking
A show of love*

www.thedailybasil.com
YouTube-Debbie Esplin

Ingredients

1 Kale leaf
30 to 45 mL (2 - 3 tbsp.) Olive oil
Sprinkle of Salt & pepper
Sprinkle of Sesame seeds, if desired
Sprinkle of any other seasoning you like

Note: These kale chips are best eaten right away or within 30 minutes of cooking.

They do not store well.

Tip: To make more servings increase the quantities above.

Kale is one of the most nutrient-dense foods and this is a delicious way to enjoy Kale. Sesame seeds are also very nutritious.

