

## Savory Living Recipe - Kale Chips

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1 bunch of Kale - curly or lacinto (dinosaur) work great (my favorite is lacinato)

Salad spinner

1 Tbsp of olive oil (I like to use a mister to spray the oil)

1 tsp fresh lemon juice

1/4 tsp sea salt

Smoked Paprika (killer flavor!)

- Preheat oven to 310 degrees.
- Fill large bowl with cold water. Plunge greens in, loosen any dirt or sand.
- Lift greens out of water. Use one hand to hold the stalk of an individual leaf, rib side up. Use the other hand to strip the leaf off the stalk with one quick motion. Discard the stalks. Break leaves into bite size pieces.
- Spin in Salad Spinner to remove water. (very important, otherwise chips will steam – yuck!)
- Spray cookie sheet with oil and spread out Kale (it's best not to crowd so they can get crispy).
- Spray oil over Kale and sprinkle leaves with salt, fresh lemon juice and smoked paprika. Note if you don't have the spray, you can also mix the kale with the oil and the flavorings in a bowl and use your hands to spread it evenly throughout.
- Bake for 6 minutes, then remove from oven and shake the chips on the pan (you can also flip each individually if you have the patience).
- Bake for 5 to 8 minutes more, watching to make sure they don't burn.
- Remove from oven and cool completely.

Eat immediately, or let cool completely before storing in a large airtight container (plastic baggies work best) on the counter.

### **Try out these flavoring ideas - mix with Kale and coat all pieces before baking**

- Simple - add lemon juice and sea salt
- Smoked paprika (LOVE this one)
- Smoked paprika and toasted sesame oil
- Splash of vinegar
- Lemon juice and garlic powder
- Sesame seeds or Gomasio (salted sesame seeds) and toasted sesame oil
- Hummus flavored - mix 1 cup hummus with 1/4 cup water until smooth
- Sour cream and onion flavored - mix the following in a blender until smooth: 2/3 cup raw cashews soaked for 2 hour and drained, 1/2 small shallot peeled, 2 Tbsp lemon juice, 2 Tbsp of water, 1 tsp agave nectar, 1/2 tsp apple cider vinegar, 1/2 tsp salt
- Creamy ranch - mix the following in a blender until smooth: 1 cup raw cashews soaked for 2 hours and drained, 3/4 cup water, 1/4 cup chopped green onions - green part only, 1/4 cup chopped dill, 1/2 Tbsp apple cider vinegar, 1 1/2 cloves garlic, 1 tsp

freshly squeezed lemon juice, 1 tsp salt

- Curried - mix the following in a blender until smooth: 1/3 cup raw cashews soaked for 2 hours and drained), 1/4 cup lemon juice, 1/2 large bell pepper seeded and chopped, 1 Tbsp nutritional yeast, 1 Tbsp good-quality curry powder, 1 tsp chopped fresh ginger, 1 peeled clove of garlic, 1/2 tsp salt, 1/8 tsp cayenne pepper
- Chocolate - 2/3 cup cashews soaked for 2 hours and drained, 1/2 cup maple syrup, 1/3 cup cacao powder, 1/2 tsp vanilla extract, pinch of sea salt