



NACHO KALE CHIPS

By Dr. Cindy Tanzar
(Standard)

Okay... we heard your requests for something crunchy and salty! These nacho kale chips are delicious! They are very light with plenty of flavor. The best taste and texture are achieved in a dehydrator. An expensive one is not necessary, and they are great for creating a nice crunch, but you can always make them quickly in the oven, as well. Kale chips can be hard to measure, since they can't be "packed" into a cup – so they leave a lot of space.

Makes 4-5 servings. One serving would measure 1.5 cups and cover your vegetable and fat for one meal.



INGREDIENTS

- 1 large bunch of kale (fresh, not bagged, gives best results)
- 4 Tbsp extra virgin olive or avocado oil
- 1 tsp chili powder



1/2 tsp ground cumin
1/2 garlic powder
1/8 tsp cayenne
1/4-1/2 tsp Pink Himalayan salt, to taste (depends on size of kale bunch), can always add more later, if needed
1/4 tsp ground black pepper
1/4 cup Nutritional Yeast

INSTRUCTIONS

If not using a dehydrator, preheat oven to 350°F. (Instructions will follow for both options)

Wash and dry the kale thoroughly. Trim the kale by removing the hard stems and cutting or tearing into 2-inch pieces.

In a small bowl, combine the chili powder, cumin, garlic powder, cayenne, salt and pepper. Set aside.

In a large bowl, add the olive oil and kale, massaging well to coat all the pieces. Then sprinkle in the spices and nutritional yeast. Toss well to coat, pressing the kale up against the sides of the bowl to get all of the flavors.

If using a dehydrator, lay the kale pieces out next to one another, without crowding. Set your dehydrator to 125 (if leaving overnight) or 135 (for quicker time). They will be done when dried and crisp. It can take as little as 4 hours or up to 8, depending on the temperature and thickness of kale.

For oven use, spread kale in a single layer onto one or two baking sheets. They do crisp up better without parchment paper. Bake 10 minutes, then turn off the oven and let the kale sit inside for another 2-5 minutes until crisp. You may have to bake them in batches if they don't all fit on the baking sheet.