



a better world begins on your plate

plant-based
eating ANIMAL PROTECTION
OF NEW MEXICO

Super Simple Kale Chips



Kale chips are all the rage now—with good reason. This deep green, low calorie, nutritional powerhouse is a great source of protein, fiber, vitamins A, Folate (B), C, K, and minerals, and makes a great alternative to potato chips. Don't be surprised by how quickly this snack will be devoured!

1 10-ounce bag of chopped, fresh kale*

1/4 cup olive oil

3 TBS Parma** vegan parmesan cheese

sprinkle of finely ground pepper

baking parchment

*Note that bagged kale is chopped small. For bigger, potato chip size kale chips, use two bunches of fresh kale and chop into bigger pieces.

** Parma is a delicious brand of vegan parmesan cheese. If necessary, substitute with your favorite brand of vegan parmesan cheese.

Preheat oven to 250° F.

Sort through the kale, removing stems.

Place kale leaves into a very large bowl.

In a separate smaller bowl, thoroughly mix olive oil, Parma cheese, and pepper.

Pour the mixture over the kale and toss to coat all the kale.

Line two large baking sheets with baking parchment. Distribute the kale evenly between the baking sheets, spreading it as evenly as possible, in as thin a layer as possible.

Bake for 50 to 60 minutes, until kale is crispy. When done, remove from oven and let cool for ten minutes before serving.