

# HEALTH EATING



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## Vegan “Cheesy” Kale Chips Recipe

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Looking for a healthy snack during your lockdown? Try this vegan baked snack, using kale! It’s a specialty of my teenage daughter.

### Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 bunch curly kale, washed, dried, and torn into bite-sized pieces
- ½ cup nutritional yeast
- ¼ teaspoon salt

### Directions:

1. Preheat oven to 200 degrees F.
2. Drizzle olive oil over the kale in a large bowl and sprinkle with the nutritional yeast and salt. Stir to coat kale.
3. Spread kale onto baking sheets.
4. Bake until kale begins to get slightly crisp. Flip the chips and continue baking until completely crisp, 45 to 60 minutes total.

Make sure to keep an eye on them so they don't burn. If you notice some chips are ready before others, take them out.

Also – don't use substitute flat kale for the curly; the shape helps to hold the coating.

**Enjoy!**