Foolproof Kale Chips Three Ways

Hands-on 5-10 minutes Overall 50 minutes

Nutritional values (per serving): Total carbs: 2.8 g, Fiber: 1 g, **Net carbs: 1.8 g**, Protein: 0.95 g, Fat: 4 g, Calories: 48 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 4 servings)

Basic recipe (plain kale chips)

1 bunch kale, green or red, stems removed (200 g/ 7.1 oz)

1 tbsp ghee, lard *or* coconut oil, melted

1/2 tsp salt or to taste (I like pink Himalayan)

3 Optional Seasonings

Curried: 1 tsp onion powder + 1 tsp curry powder + 1/2 tsp turmeric powder *(+ 0.6 g net carbs per serving)*

Smoky Paprika: 1 tsp smoked paprika + 1/2 tsp chili powder + 1 tsp garlic powder *(0.7 g net carbs per serving)*

Mediterranean: 1/2 tsp garlic powder + 1/2 tsp onion powder + 2 tsp Italian seasoning, herbs + 1/2 cup grated Parmesan cheese (45 g/ 1.6 oz) *(+ 1 g net carbs per serving)*

Instructions

1. Preheat the oven to *low*, 115 °C/ 240 °F. Remove the stems and tear or chop into large-bite-sized pieces. Don't make them too small, they'll shrink a bit while baking. Wash the kale thoroughly. Place in a salad spinner to remove excess moisture.
2. Make sure you drain it completely (paper towel works best). If you don't dry it enough, it will get soggy. Pour in the melted ghee ...
3. ... and "massage" into the kale leaves evenly. Mix the seasoning (if used): *Curried* or ... Other seasonings: *Smoky paprika* or *Mediterranean*. If making Mediterranean kale chips, do not add the Parmesan at this point - it will be added at the end of the baking process.
4. Sprinkle the salt and seasoning over the kale leaves and mix using your hands until the seasoning covers the kale from all sides. Spread in a single layer on a baking sheet lined with baking paper and transfer into the oven. *If you don't want to get messy, simply place the kale into a ziploc bag, add the seasoning and shake well.*
5. Bake for 20 minutes, then turn the baking sheet round to ensure even cooking. Place back in the oven and bake for 20 more minutes (total of 40 minutes). *If making Mediterranean kale chips, add the Parmesan cheese for the last 5-10 minutes of the baking process. Simply sprinkle the Parmesan cheese on top of the kale chips.*
6. When done, remove from the oven and set aside to cool down for 5 minutes. After the kale cools down completely, place it in an airtight container and store at room temperature. Enjoy!

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