

Kale Chips



Next time your craving a crispy snack, reach for Kale Chips. Kale Chips are the perfect balance of light, airy, and slightly chewy. If you're not a fan of raw kale or haven't tried it before, our recipe is the perfect introduction to kale's complex, earthy flavor. All you need is your NESCO Dehydrator. Boost your health and satisfy your appetite with these savory bite-sized morsels.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

1 bunch of kale, washed and stems removed

2-3 Tbsps olive oil

3/4 tsp sea salt

A dash of lemon pepper

Instructions:

1. Wash kale leaves and gently pat dry. Discard the stems by folding the leaves together and slicing the stem off.
2. Brush the kale leaves lightly with olive oil and sprinkle with lemon pepper seasoning. Cut kale leaves in 2-3" wide pieces for a quicker drying time.
3. Place kale on your **NESCO® Dehydrator** trays and spread pieces around. Set your dehydrator at 135° F. Dry for 2-6 hours.

Tip: Adding too much oil will make for longer drying time.