

# Roasted Kale / Kale Chips

Vegetarian & Gluten-Free

The Daily Basil Blog  
2—3 servings

Prep Time 5 min  
Cook Time 3 or 20 minutes

## Instructions

- 1 Wash and dry the kale. Break off the leaves into medium-sized pieces.
- 2 In a bowl, add the kale leaves and the olive oil. Mix together until the kale leaves are completely coated.
- 3 Pre-heat your oven to 425 F. Oil a pan and spread the kale leaves in a single layer. When hot, add the kale leaves and roast for 18 to 20 minutes. Turn over half-way through the cooking.
- 4 Pre-heat your air fryer. Oil the frying surface and add the kale in a single layer. Cook for 3 minutes in the air fryer, turning after 2 minutes.
- 5 Sprinkle with sesame seeds, salt, pepper, and any other seasoning, and enjoy.  
Watch the video on how to make [Roasted Kale](#).

## Ingredients

- 1 Kale leaf
- 30 to 45 mL (2 - 3 tbsp.) Olive oil
- Sprinkle of Salt & pepper
- Sprinkle of Sesame seeds, if desired
- Sprinkle of any other seasoning you like

**Note:** These kale chips are best eaten right away or within 30 minutes of cooking.

They do not store well.

**Tip:** To make more servings increase the quantities above.

Kale is one of the most nutrient-dense foods and this is a delicious way to enjoy Kale. Sesame seeds are also very nutritious.

*Cooking*  
*A show of love*

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