



Spider Demo Kitchen

Everything Bagel Kale Chips

yield: 2 servings

Ingredients:

- 1 bunch Kale
- 1 TBSP Olive oil
- 2 tsp Everything bagel seasoning



Instructions:

1. Wash kale leaves, pat with a paper towel to completely dry. Tear into 1 1/2 inch pieces. In a bowl, toss kale and olive oil. Rub olive oil on leaves so they are all coated.
2. **Air Fryer:** Working in batches, add some of the kale leaves to the air fryer basket. Turn your air fryer to 375°F and cook until crisp, about 6 minutes. Give basket a shake halfway through cooking. **Oven:** Preheat oven to 350°F. Spread kale out in a single layer on baking sheet and bake for 12-15 minutes until slightly browned.
3. Remove from air fryer or oven, put kale on a baking sheet to cool, and sprinkle with the everything bagel seasoning. Repeat until all chips are cooked.

Nutritional Information: Calories 159, Fat 8g, Satfat 1g, Protein 7g, Carbohydrate 20g, Fiber 5g, Sugars 0g, Added sugars 0g, Sodium 182mg GFI, VG

UR Dining