

Karalahana Cipsleri

Crispy Baked Kale Chips recipe - healthy vegan snack ready in 15 minutes. Made with olive oil, cinnamon, and brown sugar for a sweet twist.

4	5	9	6	Easy
HAZIRLIK DK	PİRME DK	TOPLAM DK	PORSİYON	ZORLUK

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Malzemeler

- 12 leaf kale
- 3 tbsp olive oil
- 0.5 tbsp cinnamon
- 0.5 tbsp brown sugar

Yapılış

- Prepare the Oven and Kale**

Preheat oven to 163°C (325°F). Remove thick stems from 12 kale leaves and tear into 2-inch pieces.
- Wash kale pieces thoroughly in cold water until clean. Spin dry in salad spinner, then pat completely dry with paper towels until no moisture remains on the leaves.**
- Season the Kale**

Combine 3 tablespoons olive oil, ½ tablespoon cinnamon, and ½ tablespoon brown sugar in a large bowl. Whisk until smooth and well combined.
- Add dried kale pieces to the bowl. Massage oil mixture into leaves with your hands for 1-2 minutes until every piece is evenly coated and glistening.**
- Season with salt to taste and toss once more to distribute evenly throughout all leaves.**
- Bake the Chips**

Arrange seasoned kale in a single layer on parchment-lined baking sheet without overlapping pieces. Bake for 10-15 minutes until edges are crispy and leaves are deep green with slightly browned edges.
- Remove from oven and let cool on baking sheet for 3-5 minutes until completely crispy and cool to the touch. Serve immediately while crisp.**

İpuçları

Choose fresh, vibrant green kale leaves without any yellow or wilted spots for the best flavor and texture. Younger, smaller leaves tend to crisp up more evenly than large, tough mature leaves.

Remove thick stems completely as they won't crisp properly and can taste bitter. Use a knife to cut along the stem or simply tear the leaves away with your hands.

Dry kale leaves thoroughly after washing using a salad spinner, then pat completely dry with paper towels. Any residual moisture will cause the chips to steam rather than crisp.

Use just enough oil to lightly coat the leaves - about 1 tablespoon per large bunch of kale. Too much oil will result in greasy chips that won't crisp properly.

Arrange kale pieces in a single layer on the baking sheet without overlapping. Overcrowding traps moisture and prevents even crisping.

Watch carefully during the final minutes of baking as kale can go from perfectly crispy to burnt very quickly. The edges should be crispy but still green, not brown.

Let chips cool completely on the baking sheet before transferring to storage containers. They'll continue to crisp up slightly as they cool.

Store in an airtight container with a paper towel to absorb moisture and maintain crispiness for up to 3 days at room temperature.