

Moroccan Kale Chips

Ingredients

African Spice Blend



1/8 tsp
ground
cinnamon



1/8 tsp
ground
black pepper



1/8 tsp
ground ginger



1/8 tsp
ground tumeric



1/8 tsp
ground
nutmeg



1/8 tsp
ground cumin



1 lb
chopped kale
1 inch pieces,
leaves only



2 1/2 tbsp
canola oil



1 3/4 tsp
granulated garlic



1 1/8 tbsp
lemon juice



African Spice Blend

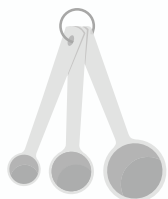


1/3 tsp
salt



as needed
pan spray

Kitchen Tools



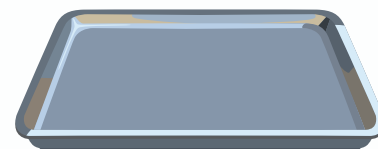
measuring
spoons



spoon



2 mixing bowls



sheet pan

Moroccan Kale Chips

Method

Remember to wash your hands before you begin cooking!



1

Mix the African spice blend and add the salt and garlic to it.



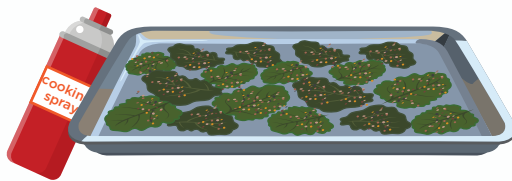
2

In a bowl toss well to combine the kale, oil and lemon juice.



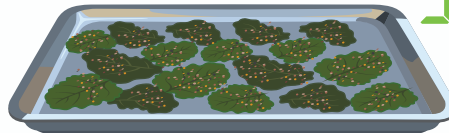
3

Sprinkle with the spices and toss to coat well.



4

Spray a baking pan with spray and evenly spread out the kale.



5

Bake at 325 for 25 minutes or until crispy.



6

Serve and Enjoy!

