

Cheesy Kale Chips Recipe

1 large bunch fresh kale

250 ml (1 cup) walnut pieces

125 ml (1/2 cup) shredded extra old cheddar cheese

30 ml (2 tbsp) Dijon mustard

75 ml (1/3 cup) water

Directions:

- ❖ Heat oven to 180 degrees Celsius (350 F)
 - Tear kale leaves into bite-sized pieces and remove ribs. Wash and dry leaves and set aside.
 - In a food processor, combine walnuts, cheddar, Dijon and water, and pulse into a paste.
 - Transfer paste to a large mixing bowl and add kale leaves, tossing to coat evenly. (Do not apply too much walnut mixture on the kale leaves as this will prevent even drying).
 - On parchment-lined baking sheets, place a single layer of kale leaves a finger width apart.
 - Bake 1 sheet at a time on the center oven rack for 15 to 20 minutes until crisp. (Do not let the chips brown as they will taste bitter).
- ❖ Chips will keep in air-tight container for up to a week.
- ❖ Makes about 1.5 liters (6 cups).

Nutrition Information per 125 ml (1/2 cup) serving:

105 calories

4 g protein

8 g fat (2g saturated fat)

6 g carbohydrate

2g fibre

5mg cholesterol

108mg sodium