

Dangerously Cheesy Kale Chips

Ingredients:

- 3 tablespoons tahini
- 3 tablespoons nutritional yeas
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- Water (as needed)
- 4-6 large kale leaves

Step 1:

- In a small mixing bowl prepare the cheesy sauce.
- Stir together the tahini, nutritional yeast, salt, and lemon juice.
- The “nooch” (nutritional yeast) will quickly absorb the liquid and you’ll want to add more water until the sauce has a nice flowing consistency, much like a salad dressing.

Step 2:

- Prepare the kale.
- For best results, you’ll want the pieces to be about the size of large potato chips.
- I like to rinse the kale thoroughly then give it a spin in my salad spinner to remove all the moisture (paper towels will work, but not quite as well).
- Then, tear the leaves off of the stalk into pieces about 3 inches wide.
- You do not want to include the center stalk of the kale leaf on your chips, it becomes virtually inedible when baked.



Step 3:

- When you have enough kale pieces (about 25-30), add them to a bowl and pour the sauce over top.
- Use clean hands to toss until the leaves are evenly coated with the sauce.
- Then, transfer them to a baking sheet that is either
 1. covered with parchment paper, or
 2. lightly spread with vegetable oil.

Step 4:

- Bake at a very low temperature of 225° F for 25-35 minutes.
- The chips are done when completely dried out and crispy, but before they start to brown around the edges.
- I like to check on them after 20 minutes, rotate the baking sheets, and possibly remove some of the chips towards the edges which cook faster.
- When done, store in a zip-top bag for several days.