

# KALE CHIPS

My daughter recently wrote a book called "Rusty Eats the Rainbow," affectionately named after our dog, Dusty. She is eighteen now but has had a sweet tooth all her life. She believes that is hard to make changes as a teen, so she wrote the book for kids to eat sugar in moderation and to seek alternate healthy snacks. One of the snacks that Rusty learns to make is Kale chips and he is very surprised at how good they taste, and I am sure you will be too. The chips usually don't make it more than an afternoon in our house!

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## INGREDIENTS

4 tablespoons nutritional yeast  
3 tablespoons sunflower seeds  
1/2 teaspoon paprika  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
1 tablespoon lemon juice  
2 tablespoons olive oil or avocado oil  
1/2 teaspoon miso paste  
2 bunches of curly kale, washed, completely dried, and torn into chip size pieces.

## MAKES 8 to 10 tacos

- 1 Preheat oven to 300° degrees.
- 2 In a mini food processor or small blender, blend sunflower seeds, nutritional yeast, paprika, garlic powder, and salt until finely ground. (If you blend too long, the seeds will turn into sunflower butter.)
- 3 Place miso in a small bowl. Add lemon juice and whisk until smooth. Then whisk in olive oil.
- 4 Set out two baking tray and put one bunch of kale on each tray.
- 5 Drizzle half the olive oil mixture on one bunch of kale and then the remaining on the next.
- 6 Gently toss the kale with your hands and make sure each piece is covered. (You can use additional oil if the kale seems dry, but a little bit of oil usually goes a long way.)
- 7 Sprinkle half of the nutritional yeast mixture on each tray and gently mix with your hands.
- 8 Bake for 30-35 minutes until kale is crisp. If some pieces seem wet, removed the dried pieces, and bake the wet ones a little bit longer.
- 9 Kale chips will last in an airtight container for 2-3 days.