

## Air Fryer Kale Chips Recipe from [evolvingtable.com](http://evolvingtable.com)

- 1 bunch kale rinsed and dried
- 1 Tbsp. oil olive or avocado
- ¼ tsp. salt to taste
  1. Set a 6-quart Air Fryer to 350°F and let it heat up for at least 3 minutes.
  2. Remove the ribs from the kale and then tear the leaves of kale into 1-2 inch pieces.
  3. Add the kale leaves to a large bowl. Drizzle with oil and then sprinkle with salt. Toss until all of the leaves are evenly coated.
  4. Working in two batches, place half of the kale leaves in a single layer in the Air Fryer basket. Cook for 4-5 minutes, tossing the basket halfway through. Keep a close eye on them after the 3 minute mark - they will crisp up really fast after this! Repeat with the remaining kale.
  5. Sprinkle with additional salt or seasonings, to taste, and enjoy!

### Storage

Store these low-carb kale chips in a paper bag, or in a plastic bag with a paper towel. Keep them at room temperature for up to one week. They will be best the first 2-3 days as they begin to lose their crispness after that.

If they do get soft, you can make them crispy again by popping them back in the air fryer at 300° F for 1-2 minutes.

### Pro Tips and Tricks

- **Slide the kale leaves off the ribs.** It's much easier and faster to use your fingers instead of a knife.
- **Tear chips a little larger.** These tend to shrink down a good bit after air frying.
- **Don't over-do the oil.** The chips will be soggy and not crispy.
- **Keep a close eye on them.** They cook up quickly! Depending on your Air Fryer they can crisp up in as little as 3 minutes or up to 5.