

Collard Chips

A crispy, healthy twist on an old Southern favorite.

★★★★☆ 4.5 from 2 votes



INGREDIENTS

- 2-4 collard leaves
- 1 tsp. olive oil or use olive oil Misto sprayer
- pinch salt

INSTRUCTIONS

1. Preheat oven to 350 degrees. Line large baking sheet with parchment paper.
2. Prepare collard leaves by washing, patting dry, and removing leaves from stem (cut stem from the middle of the leaf all the way to the top). Tear leaves with hands into 3-4 inch pieces. Toss with olive oil or spray with Misto sprayer. Use just a light coat, too much oil will leave your chips soggy.
3. Lay in a single layer on parchment paper. If needed, use two baking sheets to prevent overlapping.
4. Bake for 7 minutes, then flip leaves. Bake for 5 minutes more, then check leaves. Remove any that are crispy, return any that are limp to the oven. Be careful not to overcook or they will turn brown and bitter.
5. Sprinkle collard chips with salt or other preferred seasonings.
6. Serve immediately.

