

# Healthy Homemade Chips

## Baked Kale Chips

### Ingredients

- 1 bunch kale
- 1 tbsp olive oil
- 1 tsp sea salt/kosher salt

### Directions

1. Preheat oven to 300 degrees F (150 degrees C). Line a baking sheet with parchment paper
2. Wash and dry kale by patting with paper towel or using a salad spinner
3. Remove kale leaves from the thick stems and tear into bite size pieces. Drizzle kale leaves with olive oil and toss to combine.
4. Spread out kale in an even layer on the baking sheet without overlapping and sprinkle with salt
5. Bake until the edges start to brown but are not burnt, 20-30 minutes.



**Prep time:** 10 mins

**Cook Time:** 20 mins

**Servings:** 6

## Zucchini Chips

### Ingredients

- 1 large zucchini
- 1 tablespoon olive oil
- 1 tsp salt
- 1 tsp pepper
- 1 tsp onion powder
- 1 tsp paprika

### Directions

1. Preheat oven to 450 degrees F
2. Line baking sheet with parchment paper (use two if not enough space on one)
3. Thinly slice the zucchini with a knife or slicer
4. In a large bowl, combine the oil, salt, pepper, onion powder, and paprika. Stir to combine
5. Add the zucchini slices to the bowl, toss to coat each slice.



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6. Place the zucchini slices in a single layer on the baking tray.
7. Bake for 8-15 minutes. Remove zucchini from the oven, lower the temperature of the oven to 180-200 degrees F and bake again for 20-60 minutes or until crispy.

**Prep time:** 5 mins

**Cook Time:** 50 mins

**Servings:** 3-4

## Air Fried Beet Chips

### Ingredients

- 3 medium sized red beets
- 2 tsp canola/olive oil
- $\frac{3}{4}$  tsp kosher salt
- $\frac{1}{4}$  tsp black pepper

### Directions

1. Toss sliced beet, oil, salt, and pepper in a large bowl
2. Place half of the beets in air fryer basket and cook at 320 F until dry and crisp, 25-30 minutes, shaking the basket every 5 minutes
3. Repeat with remaining beets

**Note:** These chips can also be baked in the oven instead of using an air fryer.

- Preheat oven to 300 degrees F and line baking sheets with parchment paper
- After seasoning the beets, allow them to sit in room temperature for 15-20 minutes
- Lay the beet slices on the baking sheet without overlapping. Bake for 45-60 minutes until crisp, but not brown.



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