

# Kale Chip Nachos



**Time:** 80-100 minutes (prep 30 minutes, baking 40-70 minutes)

**Serves:** 2-4

**Ingredients:** 1 cup black beans, soaked overnight  
2 heads of curly kale, washed and thoroughly dried  
2 tablespoons olive oil  
Sea salt & pepper (to taste)  
½ teaspoon garlic powder  
¼ teaspoon cumin  
¼ teaspoon ground red pepper (optional)  
¼ teaspoon chili powder (optional)  
½ cup salsa  
½ small onion, chopped (optional)  
3 chives or chopped green onions (optional)  
Handful of cilantro leaves  
1/3 cup goat cheese or nutritional yeast

## Directions:

1. Drain water from beans after soaking them overnight. Rinse well. Then place beans in a pot with sea salt, pepper, garlic powder, cumin, ground red pepper, and chili powder.
2. Cover the beans with water and bring to a boil. Boil for 10 minutes then turn heat down to simmer for 40 minutes to an hour.
3. Preheat oven to 275 degrees F.
4. Remove the ribs from the kale and cut into 1 ½" pieces.
5. Lay kale on baking sheet and toss with olive oil and salt. Bake until crisp, turning the leaves halfway through.
6. Mix the black beans and some of the salsa and set aside.
7. When kale chips are crisp begin the layering process. Add the bean and salsa mixture, onions, chives, and goat cheese/nutritional yeast.
8. Place dish back in the oven and bake for 8-10 minutes then enjoy with a fork.