

Kale Chips



1 head of curly kale, stems removed, torn into small pieces

Kosher salt

Olive oil

1. Preheat oven to 275 [use convection if you have it]
2. Put torn kale into large bowl and lightly coat with olive oil. Lightly being he key word! Too much oil makes the kale soggy and they will not get crispy.
3. Toss the kale rubbing the olive oil into the leaves.
4. Once coated, lightly sprinkle Kosher salt on. Toss kale to coat with salt.
5. When kale is completely coated, lay out in one layer on baking sheets. Make sure leaves are not on top of each other so they can crisp up.
6. Bake for 25 minutes. Remove from baking sheets with spatula.

Yield: 1 large bowl

From: The Spezias