



baked kale chips

Reach for a bunch of kale and bake up these healthy and delicious Kale Chips.

SERVES: 3

ingredients

- 1 bunch of fresh kale
- Olive oil
- Salt

directions

1. Preheat oven to 300°F. Line two baking sheets with parchment paper.
2. Remove any large stems by stripping the leaves from the stalk using your hands. Tear your kale into rough, 3-inch pieces. Wash and carefully dry kale leaves thoroughly because wet leaves will steam in the oven versus bake and crisp. Place kale on baking sheets in single layer.
3. Drizzle leaves with olive oil. Using your hands, gently toss the kale and lightly rub the oil into each piece. If you need a little more oil, add it now. Redistribute the kale back to a single layer. Sprinkle on salt and any additional flavorings.
4. Place trays in the oven. Bake for 5 minutes, then rotate trays as the thin pieces of kale will quickly brown in your oven's hot spots. Check again after 3 minutes. You will hear the kale sizzling from the oil. Carefully pick up or nudge a chip. You want them to be crisp but not browned. Remove from oven and let cool on the tray.



**julie albert
& lisa gnat**

