

Making it delicious
Kale Chips

Ingredients

- 1 bunch of kale
- 2 Tablespoons olive oil
- 1/2 teaspoon salt



Instructions

- Preheat oven to 275 degrees F.
- Wash and dry the kale.
- Tear the leafy part off of the stems in 1"-2" sections and discard the stems.
- Toss the kale with olive oil either in a bowl or directly in the baking pan. Rub the kale with your fingers to evenly coat the leaves with the oil.
- Arrange the kale in a single layer on cookie sheets; you may need to cook them in batches so the sheets are not too crowded. Sprinkle with salt.
- Bake for 18-22 minutes or until leaves are fully crispy.
Let cool on the sheets, and then store in an airtight container at room temperature.

SERVINGS: 4 | PREP TIME: 35-40 MIN