

Kale Chips

Ingredients

- 1 bunch kale
- 1/2 tablespoon olive oil
- 1 teaspoon kosher salt

Directions

Preheat oven to 350 degrees. Line a cookie sheet with parchment paper. Using a knife, remove the kale leaves from the stems and tear into bite-size pieces. Wash the leaves thoroughly, dry them in a salad spinner and place them onto the cookie sheet. Drizzle kale with olive oil and sprinkle with kosher salt. Bake for about 10 minutes, until edges are barely brown. Do not overcook.

