



Crispy Kale Chips

Ingredients:

- 1 head kale, washed and thoroughly dried
- 2 tablespoons olive oil
- Sea salt, for sprinkling

Directions:

1. Preheat oven to 400°F.
2. Remove the ribs from the kale and cut into 1½ -inch pieces. Put in a mixing bowl and toss with the olive oil and salt.
3. Bake until in the preheated oven until crisp, turning the leaves halfway through, about 10 – 15 minutes.
4. Serve as finger food.

You can be creative with these! How about sprinkling some parmesan cheese on when you add the salt? Or some lemon zest and garlic granules! Use your imagination, the possibilities are endless.