



Kale Chips

By Christine Meraklis

There are so many recipes online for kale chips. This is what I have found to work the best. Watch your oven time. My oven cooks a little hot, but your kale may need a few extra minutes.

Ingredients:

Kale
Sea salt
Olive oil

Directions:

Wash the kale leaves and pat dry. Working down the center rib of the kale, tear off bite-sized pieces (about the size of a potato chip), discarding the center rib. Place onto a cookie sheet. Drizzle with olive oil and sprinkle with sea salt. Toss with your hands to make sure oil and salt are well distributed.

Bake at 350 degrees for about 15-20 minutes. Watch your kale, and turn once with a spatula. You want the kale to look dehydrated, but not burned. Trust me, you will know if you burned them! If undercooked, the kale is soggy – not kid friendly! It took me a few tries to get it perfect. Consider practicing first with just one kale leaf!