

Kale Chips

Makes 4 Servings

Ingredients

- ☐ 1 bunch of kale
- ☐ 1 tablespoon olive oil
- ☐ 1/2 teaspoon salt

Directions

1. Preheat the oven to 250 degrees and spray two rimmed baking sheets with non-stick spray. Set aside.
2. Wash kale and allow to fully dry before you start. Pat dry with paper towels to speed up drying time.
3. Once kale is dry, cut the greens free of the tough stem in the middle. Cut into "chip size" bites, about the same size.
4. Add the kale to a medium sized bowl and drizzle with oil. Massage the oil into the kale with your hands. Then sprinkle with salt and give a quick toss.
5. Split the kale evenly between the two baking sheets, make a single layer on each pan.
6. Bake for 15 minutes, then flip the chips with a spatula or kitchen tongs, and bake for 5-8 more minutes, or until the edges are slightly golden. Watch closely to avoid burning.
7. Once out of the oven, allow chips to cool for 3 minutes to reach peak crispiness. Enjoy right away.

Note: Add other spices you like when you add the salt in this recipe to enjoy it a bunch of different ways!

Recipe from: Feeding Pennsylvania and PA Eats

