

Kale Chips

Recipe from Tilth Alliance

Makes 2-4 servings

Ingredients

- 1 bunch kale leaves (about 4 cups)
- 1/2 teaspoon salt
- Optional seasonings of choice (curry, cumin, paprika, tajin, chili powder)
- 2 tablespoons olive oil

Instructions

Preheat oven to 300°F.

Wash kale, remove stems, and pat dry with a paper towel. Cut into bite size pieces, about 1 inch.

In a mixing bowl, combine kale with salt, seasonings (if using), and oil until the kale pieces are evenly coated and shiny with oil.

Spread in a single layer on a sheet pan and place in the oven.

Bake in oven for 12 minutes, until the kale is crispy.

Remove from oven and enjoy!



Photo credit: The Kitchn website