

Curly Kale Chips



Ingredients

- 1 bunch Kale (curly variety works best)
- 1 Tbsp Olive Oil, extra virgin
- ½ tsp Sea Salt

Instructions

1. Remove rough center stems and tear each leaf into 4 pieces (roughly 6 cups)
2. Rinse kale pieces and spin dry in a salad spinner
3. Place torn kale in large bowl and toss with olive oil and salt
4. Preheat oven to 350° F
5. Place kale pieces in a single layer on a cookie sheets
6. Bake 12-15 minutes or until crisp (watch closely so they don't burn)
7. Remove from oven and let stand 5 minutes to cool

Munch & Enjoy!

Notes

- ✚ Gluten free, dairy free & vegan
- ✚ Use organic ingredients when possible
- ✚ Store uneaten chips in airtight container. To “re-crisp” leftovers, place on cookie sheet in oven or toaster oven on low heat for 1-2 minutes. Watch closely so they don't burn.

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