

Kale Chips

INGREDIENTS:

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

PREPARATION:

Preheat oven to 274 degrees F. Remove the ribs from the kale and cut into 1 ½ inch pieces. Lay on a baking sheet and toss with the olive oil and sea salt. Bake until crisp, turning the leaves through, about 20 minutes. Serve as finger food.

<http://www.foodnetwork.com/recipes/melissa-darabian/crispy-kale-chips-recipe/index.html>

NOTES FROM THE COOK: