

Nori Chips

INGREDIENTS:

- 3 Nori sheets (preferably untoasted but toasted will work too)
- Olive oil
- Sea salt
- Your favorite spice (optional)

PREPARATION:

Preheat oven to 350°F. Cut the nori sheets into four with a knife or kitchen shears, once horizontally and once vertically (or cut in whatever shape will fit your container). Place the nori on a baking sheet in a single layer. Lightly brush the nori with oil using a pastry brush or your fingers. Sprinkle the nori with sea salt and powdered spice of your choice. It should stick to the oil. Bake for about 15 minutes, until the nori chips become dry, green and crispy and begin to pucker a bit. Let cool and serve or store in on-the-go container.

NOTES FROM THE COOK: