



CRISPY KALE CHIPS

DIRECTIONS:

1. Preheat oven to 350°F.
2. Place kale in a bowl and toss with olive oil and salt.
3. Place kale pieces in a single layer on a baking sheet. Bake for 5 minutes, then flip over. Bake an additional 5-7 minutes until crisp.
4. Season with favorite spices to taste and serve.

YOU WILL NEED:

- 1 bunch of kale, washed, dried, and torn into 1- to 2-inch pieces.
- 2 tablespoons olive oil
- 2 teaspoons coarse salt
- Optional seasoning ideas:
 - garlic
 - pepper
 - crushed red pepper
 - Italian seasoning
 - Creole seasoning



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