

KRISPY KALE

A WONDERFUL substitute for potato chips that you can make at home

4 Cups of fresh Kale leaves torn into edible pieces (don't make them too small since they do shrink a little when cooked)

2 TBS of olive oil

½ TSP of salt

1. Toss all ingredients together and coat leaves as evenly as possible with olive oil. Spraying the oil over the leaves is a simple way to get this done
2. Spread leaves in an even layer on a large wire rack on top of a baking pan.
3. Bake at 350 degrees for 15 minutes or until crisp

Feel free to add other spices such as cumin, or chili powder for more of a kick!