



Baked Kale Chips

- Gary Lilly

Ingredients:

Large bunch of fresh kale
Olive oil
Sea salt

Prep Time: 15 minutes
Cooking Time: 15 - 20 minutes
Cooling Time: 10 minutes

Servings: Large bowl full.

Directions:

1

Preheat oven to 275 degrees F.

2

Wash and dry kale, tear away from center vein. Discard center.

3

Spread kale leaves in single layer on cookie sheet, drizzle with a little olive oil and sea salt (very small amount of salt).

4

Bake for about 15 to 20 minutes until edges start to turn color.



Very light, crisp, delicate
and tasty chips.