

# RECIPE



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## KALE CHIPS

### INGREDIENTS:

- 1 large bunch of kale
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1 tsp olive oil

### DIRECTIONS:

Stem the bunch of kale, tearing the leaves into pieces. Wash well and place the kale leaves in a single layer on a clean drying mat or doubled over dish towel. Pat dry with paper towels to remove as much excess water as possible. Let stand for about 2 hours until the kale leaves look shriveled. I promise this will make them extra crispy in the end.

Preheat oven to 375 degrees.

After the kale leaves are completely dried. Place them in a single layer on a baking sheet and sprinkle the salt and pepper evenly and drizzle the olive oil over them. Gently toss with your hands until all leaves are lightly coated. Make sure not to put too much oil or they won't crisp up in the oven.

Bake for 12-15 minutes until edges are browned and leaves are crispy. Enjoy!

