



Kale Chips

4 servings

1 bundle kale
1-2 teaspoons olive oil

Wash and pat dry kale leaves. De-stem the kale and cut the leaves into bite size pieces. Preheat oven to 275°. Line 2 large baking sheets with parchment paper. Very lightly brush each piece with a bit of olive oil, using a pastry brush or a fine oil mister. Lay the prepared kale in a single layer. Place the spices in a fine mesh strainer and sprinkle over the lightly oiled kale. Bake for 20 minutes until crisp. Cool completely before storing in an airtight container. If kale gets soft, refresh in 275° oven until crisp again.

Seasoning blends for kale chips:

- ½ teaspoon chili powder and ¼ teaspoon sea salt
- ¼ teaspoon garlic granules, ⅛ teaspoon sea salt and ⅛ teaspoon black pepper
- ¼ teaspoon turmeric powder, ⅛ teaspoon ginger powder, ¼ teaspoon ground cinnamon, ⅛ teaspoon sea salt and ⅛ teaspoon black pepper

Tip

Kale will vary according to growing conditions and may bake faster, so begin checking at 10 minutes.