Kale Chips

1 head of kale or 10 large leaves
2 Tablespoons of olive or canola oil
Sea salt (sparingly) for sprinkling
Optional spices: paprika or cayenne pepper or chili powder and/or 2 teaspoons of brown sugar – sprinkled on after cooking

- Preheat oven to 350 degrees.
- Remove the ribs (middle section of leaf by holding onto leaf edges and peeling the stem backward) from the kale and cut into 2 inch pieces.
- Lay chips onto a baking sheet and toss with oil & spices. Do not overlap chips as this will steam kale instead of crisping them.
- Bake until crisp, turning leaves half way through cooking. Total cooking time is 10-12 minutes.
- Serve as a side dish vegetable. Do not expect these to taste like a potato chip! 😊

Recipe adapted from foodnetwork.com