



## KALE CHIPS

### **Ingredients:**

1 pound kale  
Salt  
3 tablespoons olive oil

### **Preparation:**

1. Heat oven to 400 degrees F. While oven warms, wash kale and tear into bite-sized pieces.
2. Place kale in a bowl and add the oil. Mix well so that the kale is evenly covered.
3. Put a piece of parchment paper on a baking sheet and distribute the kale evenly. Sprinkle with salt to taste.
4. Bake for about 10 minutes, or until crispy.

I learned about kale chips from a market shopper last weekend. Unfortunately I didn't get his name. His recommendation, however, is quite delicious. Many people use kale chips as a healthy replacement for potato chips. I find that it tastes more like salted popcorn without all of the butter. It's light and tasty, accompanies sandwiches well, and makes a great snack.

I recommend using the parchment paper if you have it. I didn't use any when making my first batch and it burned some of the chips. If you don't have parchment paper, then you can probably avoid burnt kale by turning the heat down to 350 and cooking a little bit longer.