

Baked Kale Chips

1 bunch kale (about 6 oz)
1 tablespoon olive oil
Sea salt, to taste

Preheat oven to 350 degrees.

Rinse and dry the kale, then remove the stems and tough center ribs. Cut into large pieces, toss with olive oil in a bowl then sprinkle with salt.

Arrange leaves in a single layer on a large baking sheet.

Bake for 20 minutes, or until crisp.

Consider making kale “powder” by grinding prepared kale chips in a mortar & pestle and adding nutritional yeast or sesame seeds to make a delicious accent for popcorn, rice or anything really.