

# Kale Chips

Serves 6



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



## Ingredients

- 1 bunch kale
- 2 teaspoons olive oil
- ½ teaspoon salt

## Directions

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper.
2. Remove the thick stems of the kale from the leaves and chop leaves into bite sized pieces. Wash and dry kale thoroughly then toss with olive oil and sea salt.
3. Bake until edges are browned, but not burned, about 10-15 minutes.

## Notes

In addition to or in place of salt, try herbs and spices such as paprika, cumin, or basil.

Recipe from Cook Well Berkeley: Seasonal Veggies Made Easy, Fall 2011