



### INGREDIENTS:

1 bunch kale, washed and thoroughly dried

1 tbsp. olive oil

Sea salt, for sprinkling

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## Kale Chips

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### DIRECTIONS:

*Preheat the oven to 275 degrees F. Remove the ribs from the kale and cut into 1 1/2-inch pieces. Toss pieces with olive oil and salt, then arrange in a single layer on a baking sheet. Bake until crisp, about 20 minutes. Serve as finger food.*

*For an extra kick, season with chili powder, cumin and garlic.*

*For a salt and vinegar chip, add a splash of cider vinegar and pepper to the oil before tossing.*

