

## *Original Kale Chips*



### Ingredients:

- 2 kale stalks
- Salt to taste
- 1-2 tbsp. olive oil

### Directions:

1. Preheat oven to 300F and line a cookie sheet with parchment paper.
2. Wash and completely dry kale using paper towel before cutting.
  - a. If they have water on them it can “steam” the leaves giving you a soggy chip.
3. Remove hard stem of kale and tear/cut the leaves into bite size pieces.
4. “Massage” the kale with olive oil. Be careful not to soak the leaves, we just want them lightly coated.
5. Sprinkle salt.
6. Spread the leaves on the cookie sheet making sure there are none that overlap.
7. Cook 10 min, then rotate the pan. Cook another 15 min or until edges are lightly browned.
8. Let cool about 3 min so they crisp up even more.
9. Enjoy 😊