

Kale Chips

Kale, about 1/4 pound
Olive Oil
Salt

Pre-heat the oven to 350 degrees. Line a cookie sheet with parchment paper.

Wash and thoroughly dry the kale. Break it into pieces about half the size of the palm of your hand. Take care to remove the fibrous stems.

Spread the kale pieces on the cookie sheet. Drizzle with olive oil and sprinkle with a bit of coarse salt. Place in the oven for about 10 minutes or until crisp.

Remove, cool and eat as is or use in one of the recipes below. I was able to store mine in an airtight container for about a week.

Notes:

There seem to be quite a few recipes for dehydrated kale chips on the internet so if you prefer to make them that way take a look around. There's one that looked simple on We Like It Raw (<http://www.welikeitraw.com/rawfood/2008/09/kale-crisps.html>).

I have it on good authority you can also make "chips" from fresh spinach or chard. Haven't tried it yet but plan to.