

Baked Kale Chips

Kale is one of those powerhouse vegetables. It packs an incredible nutritional punch within each green leaf.

We don't eat corn or soy. We also don't eat potatoes often, so it's pretty difficult to find a chip we can snack on that doesn't contain one of our many allergens.

When I first made these chips, my guys didn't quite know what to think. But they took a bite and were sold. I love that they sound like potato chips when you eat them.

Makes approx. 50 chips

Preheat oven to 250 degrees. Place wire baking racks inside of two large cookie trays.

Wash:

1 bunch of **curly kale** (9 – 10 leaves)

Using kitchen scissors, remove entire stem from leaves and cut into 2-inch pieces. Place cut kale in a salad spinner and spin dry.

Place dry kale pieces on baking racks in trays, with the curly sides of the kale facing up.

Spray kale lightly with:

extra virgin olive oil

Then season with:

sea salt

Place trays in oven and cook for 25 – 30 minutes or until crispy and light.

- Try seasoning the kale with garlic or onion powder before baking.