

Kale Chips

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
fresh kale leaves	1 bunch	de-stemmed
olive oil	2 tsp	
salt	½ tsp	
Parmesan cheese	¼ cup	finely shredded
baking/cookie sheets	2	lined with parchment paper

- Remove the kale stems from the leaves very quickly by grabbing the base of the stem with one hand and pushing outwards along the stem to slide off the leaves.
- Wash and thoroughly dry each kale leaf. If the leaves aren't properly dried, the water can "steam" the kale chips while baking and lead to soggy chips. Be sure they are completely dry before tearing into pieces.
- Preheat oven to 300 deg F. Line one large or two medium cookie sheets with parchment paper.
- Tear each kale leaf into bite-sized pieces, the size of a typical potato chip.
- In a large, shallow bowl, gently massage the olive oil into the kale pieces to ensure all the nooks and crannies are coated. Then sprinkle salt & Parmesan cheese over top of the kale pieces, & toss to coat.
- Spread the kale pieces out into a single layer on the cookie sheets. Overlapping kale produces soggy, unevenly baked kale chips.
- Bake for 12 minutes, then rotate the pans and bake for another 12 minutes. So 24 minutes total in my oven.
- Cool for 3 to 5 minutes on the baking sheet after removing from oven. This allows the kale chips to crisp up even more.

NOTE: One bundle of kale makes two cookie sheets of chips, which is perfect for two people to eat in one sitting. Various oils and spices can be used to vary the flavor.