

Kale chips

Recipe by: Allrecipes



What you need

- 1 bunch of kale
- 1 tablespoon of olive oil
- 1 teaspoon of salt
- Herbs and spices of choice
- Parchment paper

Servings: 6

Preparation (*20 minutes*):

1. Preheat an oven to 350 °F (180°C). Line a cookie sheet with parchment paper
2. With a knife or kitchen scissors, carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale. Drizzle kale with olive oil and sprinkle with salt
3. Bake until the edges brown but are not burnt, 10 to 15 minutes