

## **Baked Kale Chips**

1 bunch (about 6 ounces) kale (I used Lacinato or “Dinosaur” Kale but I understand that the curlier stuff works, too, possibly even better)

1 tablespoon olive oil

Sea salt, to taste

Preheat oven to 300°F. Rinse and dry the kale, then remove the stems and tough center ribs. Cut into large pieces, toss with olive oil in a bowl then sprinkle with salt. Arrange leaves in a single layer on a large baking sheet (I needed two because mine are tiny; I also lined mine with parchment for easy clean-up but there’s no reason that you must). Bake for 20 minutes, or until crisp. Place baking sheet on a rack to cool.