

## **CRISPY KALE CHIPS**

Preheat oven to 375 F

2 bunches of Kale (curly kale works great)

2-3 tsp of Olive Oil

Kosher or sea salt to taste

Remove the thick stem from the kale, tear into bite-sized pieces, and place on cookie sheet(s).

Drizzle with olive oil and sprinkle with kosher or sea salt.

Bake for 15 minutes or until chips are crispy and lightly browned around edges.

Optional:

Sprinkle with finely grated Parmesan or Asiago cheese for Cheesy Kale Chips or sprinkle with a small amount of smoked paprika for Smoky Kale Chips