



Anyone who tells you that kale chips are like potato chips is lying. They are, however, good and fit the bill when you need a crunchy, salty snack and haven't already dived into the bag of Lays or need an alternative to popcorn (my favorite). I also happen to have an abundance of kale still growing and the bigger the leaves get, the easier to make into kale chips. My son Sam likes these also and between the two of us we can polish off a batch in the time it takes to finish that one very cold beer along with them.

Kale Chips

One large bunch of Kale – rinsed and dried really well, use a salad spinner if you have one

1 Tablespoon of olive oil

1-2 teaspoons of salt (fine sea salt especially good); you could use seasoned salt also.

Preheat oven to 350 degrees. Line 2 cookie or baking sheets with parchment paper if you have it, not necessary.

Cut the ribs out of the kale (or tear). Tear the leaves into bit size pieces, I prefer slightly bigger than too small.

In a bowl or on the sheets drizzle the oil over the leaves and toss to coat with your hands. Spread the leaves out on the sheets and bake until the edges brown but are not burnt, 10 to 15 minutes. Move the leaves around or shift the trays around halfway.

Sometimes it takes a bit longer and I sometimes do let the edges get a little burnt. Key is to have them cooked enough so they are not chewy.

I have seen other recipes call for pepper, red pepper, garlic powder, I am sure they could all be delicious options.